TOOLS FOR WELLNESS

07 FW

TO ORDER BY PHONE	TO ORDER BY FAX	TO ORDER BY MAIL	TO ORDER Online
1-800-456-9887 24 hours a day, every day	1-818-407-0850 24 hours a day, every day	Mail Order Form to: 8943-B Oso Avenue Chatsworth, CA 91311-6246	www.ToolsForWellness.com

1.

ORDERED BY:

SC: _____ C#: _____
YOU'LL FIND THESE NUMBERS LOCATED IN THE COLORED BOXES ON THE BACK COVER

Name _____

Address _____

_____

City _____

State _____ Zip _____

SHIP TO:

Name _____

Address _____

_____
IF ADDRESS AT LEFT IS P.O. BOX, PLEASE PROVIDE STREET ADDRESS TO ENSURE DELIVERY.

City _____

State _____ Zip _____

E-mail _____
We'll send you a confirmation when your order ships. We DO NOT rent or sell e-mail addresses.

2. Phone Numbers: ***Daytime Phone (Required):*** ( ) ***Evening Phone:*** ( )
(Your phone numbers are confidential and are used only in the event we need to contact you about your order.)

3. Items Ordered:

PRODUCT NO.	QUANTITY	PRODUCT DESCRIPTION	UNIT PRICE	TOTAL PRICE

4. Method of Payment:

❍ Check enclosed ❍ Money Order
❍ VISA ❍ MasterCard
❍ Discover ❍ American Express

Credit Card No.

☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

Expiration Date (MM/YY) ☐☐/☐☐

Card Holder's Signature (required if using credit card)

MERCHANDISE SUBTOTAL	
CALIFORNIA DELIVERIES ADD 8.25% SALES TAX	
SHIPPING, PROCESSING AND INSURANCE	
RUSH SHIPPING (2-3 DAYS) $15 IN ADDITION TO SHIPPING CHARGES ABOVE *Street Address Required*	
EXPRESS SHIPPING (1-2 DAYS) $30 IN ADDITION TO SHIPPING CHARGES ABOVE *Street Address Required*	
ADDITIONAL SHIPPING**	
TOTAL	

FREE MERCHANDISE CERTIFICATES
WHEN YOU ORDER FROM TOOLS FOR WELLNESS

- **With your order of $175 – We'll enclose a $5.00 merchandise certificate**
- **With your order of $275 – We'll enclose two $5.00 merchandise certificates**
- **With your order of $550 – We'll enclose five $5.00 merchandise certificates**
- **Use these certificates to save on your future orders or give them as gifts.**

Merchandise Subtotal	Standard Delivery (7-10 days)
Up to $24.99	$4.95
$25.00 - $49.99	$7.95
$50.00 - $99.99	$9.95
$100.00 - $199.99	$13.95
$200.00 - $299.99	$15.95
$300.00 - $499.99	$17.95
$500.00 - $699.99	$21.95
$700.00 - $999.99	$26.95
$1000.00 - $1499.99	$32.95

**Some heavy/fragile items require additional shipping charges. They are indicated in catalog.

$1500.00 + Please call for rate. Puerto Rico, U.S. Virgin Islands, APO/FPO: Add $5.00, Rush & Express N/A. For Rush & Express to AK and HI, contact us.

Deliveries outside of the U. S. contact us for shipping rates or order online at:

www.ToolsForWellness.com

ORDERING AND SHIPPING INFORMATION

Shipping Information:

We ship orders via UPS, USPS, and other carriers and may require a street address for some larger, costlier items to ensure safe and reliable delivery. To expedite delivery to you, some items are sent directly from our suppliers and publishers. Any foreign duties, taxes, and customs charges, if any, are the responsibility of the recipient.

When Will My Order Arrive?

Just about every in-stock order is shipped on the SAME DAY as received (if ordered by 2:30 PM Pacific Time). Please allow 5–7 business days for delivery. We'll only change your credit card when your items ship, and only charge for shipping once per order. Back ordered items are noted on your invoice and will be sent as soon as they arrive in our warehouse.

Need Faster Delivery?

We can deliver your in-stock order within 2–3 business days via our Rush Delivery or an within 1–2 days via our Express Delivery. Please place your phone, fax, or online order by 2:30 PM Pacific Time for same-day shipment.

Customer Service
1-800-456-9887

For information on orders, our products, shipping charges, or other inquiries, please contact us TOLL-FREE at 1-800-456-9887, 8:30 AM–4:00 PM Pacific Time, Monday–Friday. Visit www.ToolsForWellness.com/ContactUs.html to send us e-mail. We'll reply to your request usually within 24 hours or less!

Gift Certificates

With over 1200 items, sometimes it's easier to give the right gift with a Tools For Wellness Gift Certificate. It's available in any denomination of $20 or higher and we'll include our latest catalog, too!. Item #99906

Sunrise System is the Natural, Stress-Free Way to Wake Up

The sunrise setting brightens the room gradually, gently waking the sleeper and the sunset feature slowly dims the room, helping the user to relax, and ease into a restful and natural sleep. It has a built-in MP3 player which allows the user to listen or wake up to relaxing sounds, music, talking books or a downloaded radio program.

- Timer for sunrise or sunset
- Adjustable lamp and night light
- Audible alarm, if you wish
- Power back-up
- Stereo MP3 player with external MMC card slot
- Seven day alarm with snooze feature
- MMC card is included with these sleep sounds: rain forest, the sea, the stream and thunderstorm

10" high; occupies only 5" of table space.

#62519 Sunrise System Dawn Simulator $179.95

Wake up with the Natural Sunrise and a Clock Radio

The Sun Alarm effectively increases your energy levels and helps you to wake up easier and gently every morning. Waking up "with the sun" can be activated from 15 to 120 minutes, gradually increasing brightness to simulate a sunrise. Likewise, there's a "sunset" feature. AM/FM radio is built-in along with a flash/beeper feature for heavy sleepers. It has a snooze button, alarm, AC adapter and a battery backup system.

Clinical studies at the National Institute of Health Indicate that waking to light has been known to help people with Seasonal Affective Disorder, various forms of depression, and sleep disorders to overcome their problems by increasing daytime energy, limiting winter weight gain, and allowing them to wake up easier. 5"H x 5"W x 3"D

#42548 Sun Alarm $89.95

Do You Have the Winter Blues?

A wealth of new information on SAD (Seasonal Affective Disorder) including new treatments, new research on antidepressants, ways to deal with unhealthy winter food cravings. How to distinguish between "winter blues" vs. full-blown SAD. There's also a self test that you can use to evaluate seasonal mood changes. Lots of helpful advice, coping tips and resources. Softcover, 372 pages.

#62211 Winter Blues $15.95

Rise & Shine Bedside Lamp with Wake-Up Alarm

This programmable natural light and sound alarm clock simulates sunrise to wake you gently. Light and sound gradually increase and decrease according to choice of 4 pre-set times. Lasts 2,000 hours.

Choice of 8 nature sounds, plus alarm/snooze and AM/FM radio. Battery backup. 24" high, 6½" base diameter. Shade: 12" diameter. Easy to operate.

- Wake up and fall asleep gently
- Feel refreshed and energized
- Reduces stress

#51085 Rise & Shine Bedside Lamp Ivory $179.95
#45021 Graphite $179.95
#18788 Replacement bulb $19.95

Blue Wave Technology for SAD, Winter Blues, Sleep Disorders, Jet Lag and Fatigue

For many years, it has been known that full-spectrum, 10,000 lux light can be very effective in treating seasonal affective disorder and other circadian rhythm related mood disorders. Recently, The goLite delivers blue light at the most effective wavelengths, which means a more convenient treatment and fewer side effects that the traditional 10,000 lux light therapy devices.

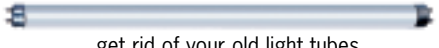
The goLite will lift your mood during the day, improve sleeping cycles and quality of sleep, help avoid jet lag illness, and irregular sleep patterns and energy deficiencies due to erratic work habits.

The light produces natural sunlight without any ultraviolet radiation. The lamp is used 20" away from the face at a slight angle, with the eyes open. Fully programmable for treatment length and scheduling plus numerous personal settings. Great for traveling: protective flip-down cover and weighs less than 1 pound. 2 year limited warranty.

6" x 6" x 2". Carry case included.

#62162 goLite M-2 $299.00

48" Fluorescent Bulbs



Our fluorescent tubes are the closest representation of natural light available with unsurpassed color rendition, visual appeal, less eyestrain and a reduction in headaches. You will notice a dramatic difference when you get rid of your old light tubes.

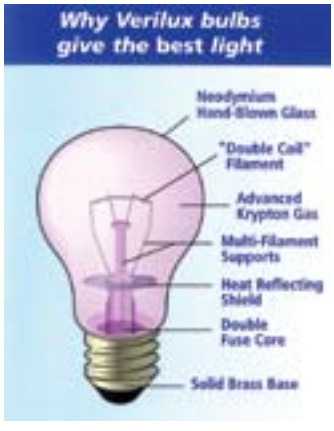
#51002 T-12, 1¼" diameter, 48" long, 40 watt. For most applications. Pack of 4 $54.95
#51003 T-8, 1" diameter, 48" long, 32 watt. For electronic ballasts only. Pack of 4 $54.95

Verilux Light Bulbs

Based on years of research and testing, not only do they bring out true, vibrant colors—they can ease eye fatigue, improve your mood, and they simply look and "feel right." These pure neodymium-glass bulbs work just like regular incandescent bulbs—but they emit a natural spectrum of light that is the closest you can get to sunlight indoors! They fit any standard incandescent bulb socket and last 5,000 hours—5 times longer than incandescent bulbs. They work great anywhere—for table, desk and reading lamps, in workshops, kitchens and art studios and wherever you want quality light.

Regular Bulbs $8.95 each		
	CLEAR	FROSTED
60 Watt	#48353	#46084
75 Watt	#48354	#46071
100 Watt	#48356	#45023
150 Watt	-	#46083

Other Bulbs Frosted Only			
3 way	50/100/150W	#46082	$11.95
Flood	75W	#48358	$17.95
Beauty Bulb	40W	#34073	$10.95
Shows skin colors accurately LARGER SELECTION ONLINE			



more online MORE PRODUCTS MORE SPECIALS MORE INFORMATION www.ToolsForWellness.com

HappyLite Sunshine Simulator Deluxe

Get Your Daily "Dose" of Sunshine

Boost your body's sense of well-being, alertness and energy with the VERILUX® HappyLite Deluxe Sunshine Simulator.

Although our lives, health and well-being are dependent upon the sun, most of us do not get enough sunshine every day. Bright light is used for alleviating symptoms associated with seasonal affective disorder (SAD), jet lag, shift work fatigue, seasonal change and insomnia.

- Ultra lightweight… only 7 lbs.
- Sleek white satin lens cover
- Soothing glare-free light
- Flicker-free light, low EMI
- 10,000 Lux daylight natural spectrum light
- Built-in stand and carrying handle
- Can be wall mounted
- 20"H x 13"W x4"D

#42001 HappyLite Deluxe $189.95
#42514 Replacement Pack 2 bulbs $56.95

HappyEyes Desk Lamp Deluxe

Turn a Windowless Office Into a Sunny Oasis.

This desk lamp brings all the mood-boosting, vision-easing features of the original Verilux lamps to your desk, bedside table or home office. 15"H x 10"W. A perfect reading light. Computer users find that it reduces glare. Craft and hobby people see their projects more clearly.

#42700 Desk Lamp Ivory $89.95
#42701 Graphite $89.95
#75418 Replacement Bulb $19.95

HERITAGE™

Floor Lamp

- Classic decorative design in brass or nickel
- Filter virtually eliminates reflective glare

- Fully adjustable height from 39" to 53"
- Lamp head swivels 360˚
- Three-way brightness switch
- Energy efficient 10,000 hour bulb… same brightness as 150W bulb while using only 27 watts of power
- Renowned Verilux quality

The high-luster, hand-polished, antique brushed brass or nickel finishes adds classic elegance to any room or office, especially those without windows.

*** #51005 Heritage Floor Lamp Antique Brushed Brass $249.95**
*** #51006 Antique Brushed Nickel $249.95**
#75418 Replacement Bulb $19.95
*** Additional $2.00 shipping charge**

Blue Light Therapy System

Sleep disturbance increases with age. The natural Circadian rhythm that regulates your body's sleep cycles can be thrown off by spending more time indoors as we age. Children can experience difficulty falling asleep and getting a restful slumber. Instead of seeking relief from potentially dangerous drugs, many people are looking for natural alternatives.

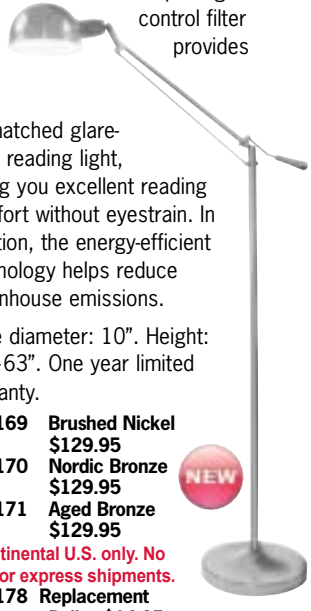
The TwiLight Blue Light Therapy System provides excellent blue light exposure that has been shown to optimize the re-calibration of the body's Circadian rhythm. Placing this light in the bedroom and turn it on for 30–60 minutes prior to falling asleep will help you fall asleep faster and provide more restful sleep. It is cool to the touch and safe to use. The flicker-free, no-buzz bulb lasts 10,000 hours. 12" high. 3 year warranty.

#62503 TwiLight Blue Light Sleep System $89.95
#62504 Replacement bulb $24.95

Brookfield Floor Lamp

Based on lamp designs premiered at the St. Louis Exposition in 1904, the Brookfield is a perfect combination of antique styling and 21st century efficiency. The lamp rotates and tilts for perfect positioning, and a counterbalanced handle makes raising and lowering the extended shaft a breeze.

The new 10,000 hour Global Cooling™ bulb saves $100 when compared to incandescent bulbs delivering 150 watts of bright white light while using only 26 watts of power. The illumination simulates daylight brightness, while the electronic ballast delivers flicker-free, instant-on reading and task lighting.



The Optix® glare control filter provides unmatched glare-free reading light, giving you excellent reading comfort without eyestrain. In addition, the energy-efficient technology helps reduce greenhouse emissions.

Base diameter: 10". Height: 41"–63". One year limited warranty.

#83169 Brushed Nickel $129.95
#83170 Nordic Bronze $129.95
#83171 Aged Bronze $129.95
Continental U.S. only. No rush or express shipments.
#83178 Replacement Bulb $14.95

Desk Lamp

The 10,000 hour Global Cooling™ bulb saves $100 in energy compared to incandescent bulbs delivering 75 watts of bright white light while using only 18 watts of power. Base diameter: 7½". Height: 22½"

#83175 Brushed Nickel $99.95
#83176 Nordic Bronze $99.95
#83177 Aged Bronze $99.95
Additional $10.00 shipping charge. Continental U.S. only. No rush or express shipments.
#83179 Replacement Bulb $12.95

Woodbury™ Desk and Table Lamp

Elegant, yet highly functional, this lamp provides excellent reading and task illumination, while adding to any traditional or modern décor. The unique double-articulating arm and energy-efficient Global Cooling™ bulb provide correct illumination for any task. Handcrafted of rich hardwood veneers and solid metal, the Woodbury is built to give years of pleasure.

The Global Cooling™ compact fluorescent bulb features Natural Spectrum® illumination and provides 150 watts of light from only 26 watts of power. Bulb life is 10,000 hours and saves more than $100 in energy costs over the life of the bulb.

Designed to match the furnishing in today's homes. Three combinations of metals and woods are available. Height: 24". Base diameter: 7".

#83172 Antiqued Copper and Beech Wood $89.95
#83173 Brushed Steel and Walnut Wood $89.95
#83174 Antiqued Brass and Cherry Wood $89.95
Additional $10.00 shipping charge. Continental U.S. only. No rush or express shipments.
#83178 Replacement bulb $14.95

Modern Desk Lamp

Sleek design provides daylight indoors from a compact source. Cool to the touch lamp head provides safe operation without adding heat to your workspace. Latest technology fills in wavelengths to counter the strobing effect of fluorescent lights and computer screens that can tire and even damage the eyes. 8" diameter base. 17" high.

#99872 Modern Desk Lamp $119.95
#75418 Replacement Bulb $19.95

Sunshine in Small Space

Space-saving and lightweight, this sunshine supplement lamp will fit on any table or desk. Delivers 5,000 LUX of healthful light for treating S.A.D. and improving your mood.

12" high.

#99882 HappyLite Mini $89.95
#62144 Replacement Bulb $24.95

A Magnetic Mattress Pad for Deep Energizing Sleep

Our magnetic mattress pad is the best and easiest way to bathe your entire body in an all-north pole magnetic field. Strong grade VIII ceramic magnets are spaced in a 4" grid over the entire surface of the mattress pad, each giving over 8" of field penetration.

The pads are covered in "loom state" fabric imported from Belgium and the quality is immediately apparent to anyone who touches it. The binding is color coordinated to match the cover and the whole pad has a non-skid backing. They are slightly narrower and shorter so they will fit on the mattress without overhang and can be covered with a conventional mattress pad to help prevent soiling.

Every pad is checked to be certain the magnets are arranged so that the North poles face the body.

#48304	Travel 30" x 72", 119 magnets	$159.95
#48305	Single 37" x 73", 162 magnets	$179.95
#48306	Full 52" x 73", 234 magnets	$229.95
#48307	Queen 59" x 78", 266 magnets	$279.95
#48308	King 75" x 78", 342 magnets	$329.95
#48309	Pillow 12" x 18", 18 magnets	$29.95

Additional $15.00 each for shipping except pillow. Rush/Express service not available. Continental U.S. delivery only. Non-returnable

Blue Light Therapy Sleep System

The natural Circadian rhythm that regulates your body's sleep cycles can be thrown off by spending more time indoors as we age. Young children can experience difficulty falling asleep and experiencing a restful slumber. Instead of seeking relief from potentially dangerous drugs, many people are looking for natural alternatives.

The new TwiLight Mini Ultra Blue Light Therapy System provides excellent blue light exposure that has been shown to optimize the re-calibration of the body's Circadian rhythm. Placing this light in the bedroom and turn it on for 30–60 minutes prior to falling asleep will help you fall asleep faster and provide more restful and effective sleep patterns for all ages.

The lamp is cool to the touch, so it's safe to use. Flicker-free, no-buzz bulb. 12" high. 3 year warranty.

#62503	TwiLight Blue Light Sleep System	$89.95
#62504	Replacement bulb	$24.95

The Natural Solution for a Restful Night's Sleep

The "sleeping golden triangle" is located on the inner wrist and is responsible for calming the body, stress relief and sleep inducement.

Pulsed electronic waves promote blood circulation to help normalize the body's biological clock into a natural sleep rhythm. Dreamate is designed to help your body naturally improve sleep quality gradually, providing a long term solution to your sleep problem, not a temporary "quick fix." If you're having trouble falling asleep because of noisy neighbors, insomnia, stress, or traffic noise, this could be the answer you've been looking for. Ideal for shift workers, frequent travelers and insomniacs. Battery-operated.

#99870 Dreamate $79.95

Based on the principles of traditional Chinese medicine, Dreamate produces a double frequency massage stimulation on specific sleep-related acupressure points on the underside of your left wrist for calming, sleep-inducing stress relief without side effects.

Our Most Popular Sleep CD and No After Effects

The harmonic blend in this 74 minute CD embodies a complex harmonic blend that is embedded at a much lower level than the audible filtered "pink noise" that you hear.

- Reduces the time to fall asleep
- Enhances the quality of sleep; allows you to have good night of natural, peaceful, and deep sleep
- Effective for persons with high stress and pain.

Use for 15 minutes prior to retiring for the night or can be played continuously throughout the night with your CD player set on "continuous play".

#22150 Harmonic Sleep CD $19.95

Slow, Gentle Music for Relaxation or Sleep

This is a sonic cradle with a warm blanket. While listening, the heart rate and breath are naturally entraining with the slowing rhythms into ever-deepening relaxation and peaceful sleep. Additionally, binaural beat frequencies help guide brainwaves through beta and alpha into the theta/delta state for replenishment and renewal. One CD is Day Rest; 2nd CD is Night Sleep. Tempos are very slow; 30–50 beats per minute. 2 CDs.

#62524 Sound Asleep $24.95

Restorative Sleep and Stress Reduction

Two 30 minute segments are specifically designed to slow brainwaves and heart rate to the ideal mind-body state necessary for deep, recuperative sleep. Uses progressively slowing tempos and reduced visual and auditory complexity to achieve optimal effect. The net result: a natural, drug-free experience formulated to quickly reduce stress and facilitate an easy drifting off to sleep. DVD, 60 minutes.

#62505 Easy To Sleep $29.98

A Sound Healing Sleep

Delta Bliss is peaceful mind music tuned to the harmonics of the planet Venus and the colors violet and orange, creating an ultra-deep unified delta brain state. CD

#83150 Delta Bliss $18.95

Music for Sleep by Dr. Jeffrey Thompson

A clinically proven musical system that helps you fall asleep, stay asleep and wake up rested and refreshed. Peaceful musical soundscapes blended with Delta wave pulses quiet your mind and lead you into deep restorative sleep.

#62192 Music For Sleep CD $29.98

A Sound Sleep with Hemi-Sync

On side 1, verbal guidance relaxes you while Hemi-Sync sound patterns from The Monroe Institute guide you into a totally refreshing Delta sleep. Side 2 features soothing sound effects embedded with Hemi-Sync to continue your deep sleep cycle. 70 minutes.

#62507 Sound Sleeper $19.95

Powerful Sounds for Deeper Sleep

Guides you into deep Delta brainwaves, the home of deep sleep. Includes two programs of soothing music and frequencies, forest and ocean sounds. 2 hours. 2 CDs

#46022 Delta Sleep System $19.95

more online MORE PRODUCTS MORE SPECIALS MORE INFORMATION www.ToolsForWellness.com

Stereo Speaker Pillows For A Great Sleeping Experience

Fall asleep and stay asleep. Connect your CD, MP3, or i-Pod player and then listen to music, guided audio therapy, relaxation sessions, or restful sounds from nature. Many people like them for watching television in bed. Hi-fidelity digital built-in stereo speaker headphones give the full benefit of left and right ear split signals enabling you to use the very highest quality sound sources. The pillows measure 18" x 8" and come with cable and jack. Pillow case is included. One year warranty. We have found this to be a quality product (Made in U.S.A.) producing superb results. Two models are available.

#83181 Natural Cotton Quilt Latex with Organic Sherpa $134.95

#83182 Brocade Quilt $136.95

NEW

Shut Out the Light! Shut Out the Noise!

Sleep Master was invented for people with sleeping difficulties, for those who just enjoy napping during the day or while traveling, and even for those whose partners watch TV or read late into the night.

It is an all-in-one sleep mask that combines light elimination and sound reduction. Sleep Master is the only sleep mask available on the market today with patented built-in sound muffling. Ear plugs included.

The Sleep Master fits easily and comfortably around your head, easily connected in the back by Velcro strips, simultaneously blocking both light and reducing sound.

One-size-fits-all, lightweight and compact so you can take it along with you. Very affordable so you can have more than one.

#34014 Sleep Master $34.95
Buy 2 and SAVE! $32.50 each

Listen to Your Favorite Tapes, CDs, or Radio Without Headphones

Place Pillowsonic under your pillow cover, connect your sound source and enjoy. Two quality speakers are enclosed at both ends of a 14" long soft, thin cushion, that is then placed inside your pillow cover or under the pillow itself. Complete with a 6' cord.

Connect to your radio alarm clock, and awake without disturbing your spouse.

Excellent for the elderly, those with autism, ADD, college students in dorms and for hospital patients who share a room. CD player not included

#82058 Pillowsonic Stereo Pillow Speaker System $29.95
Buy 2 and SAVE! $26.95 each

Keeps the Light Out

Total Darkness With Your Eyes Open Great for airplane travel, deep meditation, biofeedback exercises, headaches and naps, while seated (but not for night time sleeping). With adjustable velcro strap and ear plugs. This is one of the very few products that we have tested that gives TOTAL DARKNESS.

#46021 Mindfold Mask $19.95

For restful sleep, see page 55 for SLEEP MATE noise conditioners.

Relax and Get Restful Sleep

90% of individuals report that its use leads to deep relaxation within 5–10 minutes. Superb, restorative sleep is achieved in about 30 minutes. The Relaxmate does not employ sound, just light pulses. It uses a specific bandwidth of frequencies and color saturation determined to be the most effective. Used 30–40 minutes a day induces mind-body states associated with lower blood pressure, headache relief, reduced anxiety, improved digestion, and an overall reduction in stress-related illness.

You can fine tune your sessions with brightness, color spectrum and frequency controls. The lower frequency range (1–7 Hz) makes it much more comfortable to use than other more complex machines. Has a 20-60 minute timer. By regulating the length of the sessions, it can also be used to boost energy and improve concentration. Developed by Norm Shealy, M.D., a pioneer in light therapy. Battery operated.

#45017 Relaxmate II $149.95

The Little Sleep Machine

NEW

Pre-loaded with 3 hours of music embedded with Delta wave frequencies, for a deep, restful sleep. From Dr. Jeffrey Thompson. Ultra-lightweight, tiny (3½x1½"). With earbuds and battery.

#21411 The Little Sleep Machine $29.95

Wake-Up Monitor Watch

Monitors your body and continuously looks for your best possible waking time. This revolutionary watch wakes you at just the right moment, during a window of time that you set. Its internal sensors detect even the most subtle physical signals from your body. Worn like an everyday watch, this is ideal for anyone who wants to start off the day alert. Great for travelers, students, busy moms, and those with irregular work schedules. Many features and settings enable you to customize it to any situation, plus it functions like an ordinary watch during the day.

#45713 Sleeptracker Watch $149.00

Get a "Good Sleep"

Includes three programs to give restorative rest:

- The 22 minute vacation: Generate deeply rejuvenating states of body and mind
- The 22 minute nap: A quick period of rest when you feel sleep deprived
- Sweet delta: A full, revitalizing night of sleep

68 minute CD.

#45722 Deep Rest $16.95

Better Sleep and Deep Peace

Your pineal gland is the gateway to lucid dream states, enhanced intuition and expanded perceptions of reality. Users report feelings of elation, deep peacefulness, visual imagery.

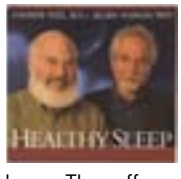
#48375 Serenity 100 capsules $41.95
Buy 3 and SAVE! $39.95 each

Sleep Like a Baby!

Fall asleep faster and stay asleep until it's time to wake up. Wake feeling refreshed and well rested. Heightens REM sleep and improves mood, diminishes irritability. Melatonin, 5-HTP, Choline, and Rhodiola Rosea.

#72016 SleepTight 90 capsules $18.95
Not for use by children, pregnant or lactating women, or those under 40.

A Good Night's Sleep Without Drugs



Dr. Andrew Weil, along with Dr. Rubin Naiman offer proven practices for optimum rest and a refreshing wake-up. They offer an integrative sleep-health program for body, mind and spirit. 2 CDs

#83142 Healthy Sleep $19.95

NEW

Ionizers eliminate Dust and Pollen

It is well known that lung damage is done by very small airborne particles, and this unit is designed to remove them.

Using Electrophoresis, the Clarity Ionizer removes the most harmful particles from the air while revitalizing it at the same time with refreshing, natural negative ions. This is performed quietly (great for sleeping!) with no loud fan, no motor noise, no drafts, no filters to replace, no costly maintenance, no moving parts and less than 1 watt of power consumption. To clean, wipe with a cloth.

Clarity Ionizer removes allergens, molds, plant spores, bacteria, pollen, animal dander, as well as the after effects of tobacco, insecticides, aerosols and cleaners… it collects up to 99% of contaminants.

Clarity Ionizer creates a continuous stream of negative ions that adhere to contaminants. They then flow back and are collected by the positively charged collector band, resulting in purified air. Effective in areas up to 20' x 20' (400 sq.ft.). No fan or motor noise. Measures 7" x 7".

#34009 Clairity Air Purifier $169.95

- We spend over 90% of our lives indoors
- Household indoor air can be five times more dangerous than outside air
- 50% of all illnesses are aggravated or caused by polluted indoor air
- Respiratory disease is the third largest cause of death

Ozonators Duplicate the Clean, Fresh Mountain Air That Occurs Naturally Outdoors

- May be used in home, office and/or car. Adaptors are included.
- No filters to change
- Quiet operation
- User-friendly
- May be mounted on the wall
- Used extensively to destroy tobacco and pet odors
- Energy efficient
- Meets EPA and OSHA standards
- Two-in-one unit that allows for ionization and activated oxygen
- One year warranty
- For use in areas up to 400 sq. ft.
- Automatic timer in 10 minute cycles
- Ozone output from 12 mg/hour to 24 mg/hour
- 5½" x 3" x 4"

#46097 Ozonator 400 $159.95

- Only maintenance is to clean the filter
- Electronic ballast
- Energy efficient
- One year warranty
- For use in areas up to 2500 sq. ft.
- Quiet operation
- Uses ultraviolet light to convert oxygen to ozone
- Ozone output: 125 mg/hour
- 9" x 6" x 13½"

#46098 Ozonator 2500 $469.95

Energize With Clustered Water

The Electric Field Water Machine produces high quality clustered water in seconds. You'll feel more refreshed as the clustered water is much more absorbable by the cells.

It hydrates cells and organs, cleanses, detoxifies, and enhances nutrient absorption. Battery operated.

#81026 E-Water Machine $199.95

Energizes Your Water

Place the Super-Bullet in a pitcher or water cooler

Drop the SuperBullet into a gallon of water and its bio-energetic action begins immediately. The crystals inside the bullet are from a volcanic source and their paramagnetic properties attract the Earth's natural magnetic field. This results in a slightly higher pH, lower chemical presence and increased energetic qualities. No batteries required.

#63544 Virgin Waters SuperBullet $39.95

Reduce the Cluster Size of Your Water

It's rather easy to understand the principle. Reducing the surface tension of drinking water makes the water "wetter" and increases its solvent capacity. Crystal Energy Drops is a catalytic liquid which, when added to water and other liquids, enhances solvency power by altering their molecular structure. This enables you to get the most of nutrients and vitamins from foods, as they are assimilated easier by the body. Rinse vegetables and fruit to reduce cooking time. Use in your bath water or add to your mouthwash or shampoo. Use as a mist for house plants. Reduce shaving nicks.

#75089 Crystal Energy Concentrate Drops 4 oz. $49.95
Buy 2 and SAVE! $46.50 each

Ionic Air Purifier

With Electrostatic Technology

- Filters out airborne bacteria, viruses, fungi, spores and suspended particles
- Relieves allergies, hay fever, sinusitis, migraines, and bronchial asthma
- Neutralizes odors

- Increases energy, libido and overall well-being
- Improves mood and relieves winter "blues"
- Ozone level: less than .01 PPM
- Battery life: 35 hours

Effective area: 100–150 sq. ft. Works with batteries or with AC adaptor (included). 3" x 3".

#99892 Ionic Air Purifier $39.95

Portable Air Purifier

- Filters out airborne bacteria, viruses and fungi
- Relieves allergies, hay fever, sinusitis, migraines, and bronchial asthma
- Neutralizes odors
- Increases energy and libido
- Improves mood and relieves winter "blues"
- Effective area: 30–40 sq.

Ozone level: .01 PPM. Battery life: 30 hours. Includes neck strap and a stand for indoor use.

#99891 Portable Air Purifier $24.95

Add Oxygen Drops to Your Drinking Water

The body constantly uses oxygen to oxidize and eliminate disease-causing microbes and to eliminate the body's waste. OxyLift is a liquid concentrate with ingredients that contain what your body needs for immune system maintenance, waste elimination, improved digestion, and cellular repair. Add 1 to 8 drops to an 8 oz. glass of water three times a day. One month's supply.

#42032 OxyLift 1oz. $27.99

Feel Better While You Drive

This car ionizer eliminates odors, dust, pollen, germs, bacteria and smoke. Helps relieve fatigue and promotes alertness while driving. Produces a cleaner, pollution-free environment while driving.

Plugs into your cigarette lighter and it is maintenance-free. Chrome finish.

#75233 Automobile Ionizer $29.95

more online MORE PRODUCTS MORE SPECIALS MORE INFORMATION www.ToolsForWellness.com

Breathe Fresh Air Wherever You Go!

Many travelers feel exhausted and out-of-whack after a long plane trip. For some, a car trip is a nightmare. Energy is slowly depleted and they are susceptible to every cough, sneeze, and sniffle. Almost everyone reports feeling miserable after a flight, but very few seem to know why.

Experiments have shown that travelers who experience anxiety, rising heat, sweating, headaches, rising emotions, and nausea are also becoming depleted in magnetic energy. The answer is electromagnetic field supplementation… providing a constantly replenished supply of free negative ions via magnetic flux. The CHIonizer was developed to surround the wearer with both free ions and a magnetic field which causes fatigue, discomfort and symptoms of depleted vitality to vanish. Aside from using it in closed environments like airplanes, it works well wherever you go… killing off most airborne bacteria and viruses while deactivating smoke, dust and pollen. Ozone level: 0.28 PPM. 2½" x 1½" x ¾". Includes neck cord. Runs 40 hours on Lithium battery (included).

#46001 CHIonizer $119.95

IMPORTANT NOTICE: The CHIonizer is not a medical device. It is a bioelectronic environment conditioner which simulates the bioelectric characteristics in nature. Do not use this device if you wear a pacemaker or have any other implanted electrical devices.

See What a "Pure Shower" Can Do For You

Luxuriate in a Chlorine-free, Oxygen-rich shower. Purified water helps foster healthy, younger-looking skin. It stimulates cell activity, improves circulation, and gently exfoliates your skin. The purified steam vapors help make your hair smoother and silkier while invigorating your lungs. The Body Spa™ delivers a chlorine-free shower with up to 10 times more oxygen, producing a powerful self-pressurizing shower spray. You'll definitely feel the invigorating difference. Using the same principle as a jet engine, the Body Spa continuously draws in air through 16 intake ports and infuses it into the filtered water creating a revitalizing oxygen-rich spray.

- Removes 98.9% of chlorine and vapors, plus Hydrogen Sulfide, Iron Oxide odors, and traces of heavy metals.
- Bacteriostatic filter inhibits growth of E.coli and mold
- Easy installation. Attaches to shower arm
- Angle and spray adjustment
- 6' metal flex hose is included
- Does not clog; no mineral build-up
- Polished chrome housing
- Sleek, ergonomic design complements any bathroom style
- Replace filter every 3–4 months

#83151 OxyBody Spa Shower Spray $99.95
#83152 OxyBody Refill Filter (2 pack) $24.95
#83189 Shower Spray with 2 pack Refill $114.95

No More Toxic Chemicals, Disease-Causing Bacteria

Flood your body with oxygen. You will be amazed at how just one glass of ozonated water will quickly lift your energy level, giving you more clarity and focus.

You can also use the ozonated water to sanitize your fruits and vegetables against bacteria, fungus and molds. Use it on your plants, too.

It works by breaking down the residual traces of toxic chemicals and pathogens found on fruits and vegetables. It kills bacteria on meat, fish and poultry. This process enhances the taste of food products and improves their shelf life. Produces significantly more ozone (250 mg/hour) than older units. Automatic timer.

#42049 Water Ozonator $299.95
#42050 Extra Diffuser Stone $11.95

This air purifier is equipped with an ionizer to help reduce the concentration of airborne microorganisms. The compact, space saving design permits you to place it inconspicuously in your home and office, and it's light enough to move around with ease. The air cleaner has a three speed fan to continuously purify the air. The Aller Free is especially helpful for allergy and asthma patients.

HEPA filter, 99.97% filter effectiveness at capturing airborne particles as small as 0.3 microns from the air that passes through the filter. Ionizer releases negative ions helping to reduce the concentration of airborne micro-organisms.

- Air is exchanged 3 times per hour
- Very quiet air circulation system
- Timer settings: 1, 2, 4 or 8 hours
- Adjustable ionizer switch releases ions from 0 to 7KV
- Fragrance chamber to customize with your favorite scent
- For room size: up to 14' x 16'
- Dimensions: 17" wide x 18" high x 7" deep. Weight: 16 lbs.

#75266 Aller Free Air System $159.95
Additional $10.00 shipping charge
#75364 Replacement Filter $29.95
(Replace twice a year)

Air Purifier and Ionizer for Rooms and Automobiles

Uses dust collecting technology to kill harmful bacteria, viruses, molds and odors. Covers 80 sq. ft. indoors using the AC adaptor (included). When used with the car adapter (included), it covers about 16 sq. ft. Quiet operation and no filters to replace 12" x 7".

#99866 Dual Action Air Cleaner 39.95

Eliminate Indoor Air Pollution

Eliminates odors and germs with a quiet operation that requires no filter changing and can also be used in your car. The 6" x 4" unit has a timer and will effectively cover a 400 sq. ft. area.

#45002 Ozone Air Purifier $159.95

Combination Ozonator and Ionizer

Here's a 2-in-1 complete air purifier machine. Ozone output is adjustable; at any setting, it excels. This air purifier doesn't mask odors; it destroys odor-causing bacteria. Effective in areas up to 600 sq. ft. AC operation. Car adapter included. 7" x 5"

#42746 2-in-1 Air Purifier $179.95

Automobile Air Purifier

- Deodorizes
- Limits molds, bacteria, viruses, fungi, spores and odors.
- Improves energy and promotes alertness
- Ozone level: less than .05 PPM

2½" x 1". Car adaptor included.

#99893 Automobile Air Purifier $14.95

Normal Eating Habits Won't Do it

There are very few foods that are alkaline. While we can and should be able to give up drinking acidic soda pop, the vast majority of food, especially meats, are acidic in nature. The vegetable group has the best track record for being alkaline, but most people don't want to become strict vegetarians.

Electrolyte Supplements Won't Do it

Many alkaline teas don't have balanced, organic electrolytes. "Gatorade-type" drinks have too much Sodium and too little Potassium according to exercise physiologists.

Most Trace Mineral Formulas Won't Do it

You should insist that your trace minerals are amino acid chelated to guarantee that they are high in absorption and low in irritation.

Alkazone Will Do it

Alkazone is based on mild, organic Potassium salts. It contains 79 amino acid chelated trace minerals from ancient dead sea marine deposits. Alkazone drops go to work instantly. Just add 2 drops to an 8 oz. Glass of water (or your favorite beverage) a few times a day and you have guaranteed the neutralizing of acid wastes. You'll feel better! You'll look better! Alkazone drops will keep your internal system at equilibrium by balancing acidic foods and drinks and helping eliminate acidic body waste. 1.2 oz. Dropper bottle (about one month's supply)

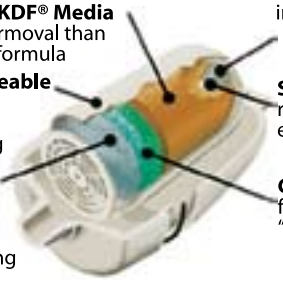
#49017 Alkazone pH Booster $24.95

Buy 3 and SAVE! $22.50 each

Rainshow'r Shower Filter to Remove Chlorine

Chlorine dries your skin and can depress your immune system as you breathe the chlorine vapors in your shower. This filter removes over 95% of free chlorine for a healthier shower. Your skin feels better and looks younger. Even color-treated hair becomes more manageable. Chrome head, pop-in replaceable cartridge, sediment trap and quartz crystals for a healthier shower experience.

#62072 Rainshow'r $47.95
#62073 Replacement Filter $19.95
Replace filter every six months



Specially-Formulated Bacteriostatic KDF® Media better chlorine rmoval than standard KDF® formula

Pop-In, Replaceable Cartridge easy to replace, no backflushing

Fine Stainless Steel Screen special screen retains media without reducing flow rate

Built-In Jet Dispersal improves water flow-through

Sediment Trap reduces clogging and extends media performance

Crystalline Quartz for energy-enhanced shower "feel" and better lathering

Hand Held Adapter

Permits you to use the Rainshow'r (purchased separately) as a hand held shower. Includes: 59" hose, shower arm bracket and shower handle.

#51032 Rainshow'r Adapter Kit $28.95

Buy the Rainshow'r and Adapter Kit and SAVE!
Order #51033 $67.95

Get Healthy, Oxygen-Rich Water 24/7

Perk up the natural way with a glass of oxygenated water from the O2 cooler! Adding oxygen to your bloodstream has been proven to speed up metabolism, strengthen your immune system, increase energy, create younger looking skin and even enhance brain function for clearer, more alert thinking.

Unlike bottled oxygenated water, which loses its oxygenation just days after manufacturing, the O2 cooler keeps your water fresh and packed with up to 500% more oxygen than normal tap water. Increases the dissolved oxygen level in the drinking water, which is normally 7 PPM (Parts Per Million), to about 40 PPM. As a comparison, oxygen-rich mountain streams can have up to 15 PPM.

Why Drink Oxygenated Water?

- Extra supply of oxygen to the body for over-all health improvement
- Enhancement of the brain function for clearer thinking and alertness
- More oxygen to the muscle to increase energy and performance
- More oxygen to skin cells for healthier, younger looking skin
- Enhanced metabolism and waste removal
- Enhancement of the body's ability to fight bacteria and viruses
- Better absorption of vitamins, minerals and other nutrients
- Dimensions: 13½"x11¾"x58" (WxLxH) w/ 5 gallon bottle and cover.
- Capacity: Stainless Steel 316L grade reservoir with a 3 liter capacity.
- Works on normal household current
- Water Temperature: 185 F to 35 F (Hot/Cold Model) Room Temp. to 35 F (Room Temp./Cold Model)

This is a patented process consisting of its own oxygen-creating generator.

1 Year Manufacturer Warranty. Safe for distilled or Reverse Osmosis water. Water bottle not included. Cover for bottle is included

#33801 Millennium Charcoal Hot/Cold Water: $1095.00
#33802 Millennium Silver Hot/ Cold Water: $1095.00
#33803 Millennium Charcoal Room Temp/Cold Water: $995.00
#33804 Millennium Silver Room Temp/Cold Water: $995.00

Due to weight, an additional $60 shipping charge is added to your order. Ships via Standard Delivery only, and to Continental U.S. addresses only. Please allow an additional 7-10 days for delivery.

Add Electrolytes and Micro-Nutrients to Your Water

On the market for over 30 years, users report improved energy, alertness, and more resistance to illness. Here are some of the benefits:

- Warmer hands and feet
- Better sleep
- Better regularity and digestion
- Better alertness and memory
- Fewer aches and pains
- More energy
- Dealing with stress better
- Supplements seem to be working better

Helps with increased absorption of nutrients, elimination of toxins, and appears to be a super antioxidant and free radical scavenger because of its nearly unlimited supply of free electrons. 6 teaspoons of this concentrate will make 1 gallon. Most people start by drinking 8 oz. a day and gradually increase to 4 glasses daily.

#46012 Clear Willard Water 8 oz. $21.95
#46013 Dark Willard Water 8 oz. $21.95

A Light Bulb that Also Cleans the Air

The built-in negative ion generator clears dust, smoke, pollen, bacteria, and odors from the air. It also helps reduce asthma and allergy symptoms and you'll feel more vital and alert. The full-spectrum bulb is equivalent to a 60 watt conventional bulb and has a life of 10,000 hours. It fits a normal light socket.

#42666 IonLite 13 watt $29.95

A Chlorine-Free Bath

Chlorine is removed faster when there is circulation of this Crystal Ball in the bath water. It just floats in the water. Replace the filter media once a year.

#75036 Crystal Ball® Dechlorinator $36.95
#75376 Replacement Bag $24.95

more online MORE PRODUCTS MORE SPECIALS MORE INFORMATION www.ToolsForWellness.com

Immerse Yourself in All Four Brainwave States

On this 4 CD set, Anna Wise empowers you to be more productive, positive, emotionally balanced, and spiritually aware.

You can manage your own states of consciousness by deliberately altering your brainwave pattern, a process used by many highly productive and creative people, individuals of high performance.

- Concentrate and focus more clearly
- Encourage self-healing
- Relax and de-stress
- Develop hidden creativity
- Reach profound meditative states
- Handle challenges and solve problems
- Access and transform deep inner issues
- Improve spiritual connection

Features "frequency scores", binaural beat pulses of sound embedded in words and music to help you developed the desired brainwaves.

Teaches you a variety of ways to use your higher states of consciousness... including personal transformation, relaxation, creativity, self-healing, intuition, empathy, and sensuality skills.

Includes an informative booklet on brainwave frequencies.

#22129 High Performance Mind 4 CD Set $44.95

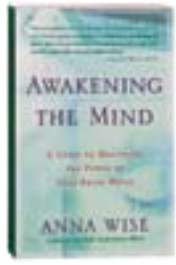
Access the Brainwaves You Wish to Achieve

Natural brainwave frequencies with ambient music and natural sounds, Dr. Jeffrey Thompson has discovered a way to let you orchestrate your state of mind to stimulate concentration, release tension, promote intuition, foster communication and enhance creativity. Blends subtle sound pulses with sounds of nature. Includes instructional booklet. 4 CDs.

#46028 Brainwave Suite $29.95

Brainwaves Made Simple

Why do we exhibit certain behavior? Why do we experience moodiness and melancholy? Can you change from being "down" to feeling "up?" What control do we have over our own mind?



Anna Wise gives a practical approach to human consciousness, rather than clinical examinations of the topic. 255 pages.

#81061 Awakening The Mind $16.95

Music to Unlock the Life Force of the Earth!

A combination of musical instruments tuned to perfect intervals and creative sound design using binaural beats at 8 Hz and 4 Hz. This generates powerful Alpha and Theta brain states, a state associated with ecstasy. 30 minute continuous play CD.

#41057 Pulse of Life $16.95

Create Your Own Sound Therapy

Choose from 1 to 37 Hertz; each track has a different brainwave... just use the "auto repeat" setting, allowing you complete entrainment control. Whether you are a musician, therapist or mind explorer, this CD will take you to the exact brainwave state that you select.

#75351 LoopLogic 515 $59.95

Go on a Brainwave Journey

Subtle pulses of sound embedded in an evocative musical soundtrack stimulate your brainwave patterns–transporting you to an enhanced "visualization zone." Ingrained within the various classical selections are deep inaudible vibrations that are intended to add to brainwave entrainment. Total: over 4 hours. 4 CDs

#34072 Brainwave Symphony $29.95

Vitality and Exercise Machines

Many users report stress reduction, better sleep, toning and firming of the waist, relief of chronic back problems, increased energy, muscle relaxation and improved function of the internal organs. Our passive aerobic exerciser oxygenates, tones and strengthens the body while increasing the feelings of aliveness and well-being.

The Stress Buster moves one of the largest muscle groups in the body, your legs. The motion patterns (perfect figure 8s) cause your blood to efficiently circulate throughout your body. Your cells absorb oxygen, and toxins are removed more easily.

Check out these great features: variable speed control, built-in 15 minute timer, and soft leg rests. Our Stress Buster rates very high over the low priced, poorly constructed machines found on late night TV as well as the over-priced models sold by multilevel sales organizations. It's one of the few really good exercise machines that can also be used by overweight people.

#63042 Stress-Buster $199.95

Brain Sync™ is the brain wave technology most often recommended by physicians and psychologists around the world. These CDs (60 minutes) have been clinically tested with an astounding 95% success rate. They will enhance your ability to give and receive love, direct your will to achieve new goals, and generate vibrant states of health and well being. Kelly Howell, creator of Brain Sync, is internationally acclaimed for her pioneering work in mind expansion.

Flow into a state of relaxed concentration where the right and left hemispheres of your brain move into prefect sync. You'll feel invigorated as you access up to 90% more of your untapped ability to learn.

#45003 Brain Power $14.95

Ever wish you could learn more and faster, and then retain the information longer?

#45004 Deep Learning $14.95

Science has proven that the contents of our thoughts and emotions directly and immediately influence our biochemistry.

#99810 Healing Meditation $14.95

For nights when thoughts are churning, this program will make you feel as if you are floating. Then, you'll start to slowly swirl and drift off.

#99811 Sound Sleep $14.95

Close your eyes and sweep away negative thoughts. Free your spirit. Bring mind, body and spirit into harmony with the universe.

#45005 Guided Meditation $14.95

This CD imparts the sacred truth spiritual masters have taught for millennia. It starts by changing your belief system, slowly, subtly and gently while you sleep. The Secret is whispered into your ears–first audibly, and then below the level of consciousness.

#62145 The Secret $14.95

Binaural beat frequencies will lift your physical tensions and mental anxieties in minutes.

#45006 Deep Meditation $14.95

You'll go to progressively deeper levels producing vivid visualization and manifestation.

#41047 Sacred Ground $16.95

An extraordinary powerhouse of cosmic energy resides within you. Traveling upward through the chakra system, it removes obstacles to living your highest potential. Theta frequencies. 60 minutes.

#45015 Awakening Kundalini $14.95

Precision-engineered brain wave frequencies guide you into exquisite states of wholeness and unity. Negative thoughts are swept away by insight and inspiration. 3 CDs: 3 hours

#45016 Unfold Your Potential $24.95

OPEN 24/7
ToolsForWellness.com

Robert A. Monroe 1915–1995

The Hemi-Sync process uses sound to influence brainwave activity in a way shown to enhance physical, mental and emotional states. Hemi-Sync users may be able to develop specific linguistic and/or mathematical skills, the ability to hyper focus attention when appropriate, and the remembering of some types of information with new clarity and recall.

Hemi-Sync technology uses binaural beat sounds that utilize two pitches slightly out of key with each other. The sound wave pattern generated by these different pitches creates a third tone which entrains your brainwaves to experience the same frequency. This technique is reflected in the name HEMI-SYNC; both hemispheres of the brain now in sync with the frequency and with each other.

The Hemi-Sync frequencies used are not the same for every program, and there are no embedded or subliminal messages. Specific elements, such as verbal guidance, music, and pink noise are carefully selected and integrated with the appropriate Hemi-Sync sound frequencies to create the desired effect for each recording.

Hemi Sync® Developed by The MONROE INSTITUTE

YOUR BRAIN

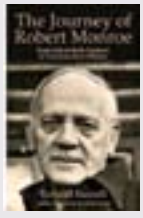
Normal brainwave pattern with limited focus

YOUR BRAIN WITH HEMI-SYNC®

Highly focused whole-brain pattern with enhanced potential

In addition to verbal instructions, this auditory-guidance process involves carefully constructed blends and sequences of stereo sound patterns designed to evoke beneficial brainwave states through neurological mechanisms.

NEW BOOK ABOUT ROBERT MONROE



This is about the founder of The Monroe Institute and Hemi-Sync that helped cement the concept of astral travel into the American psyche and made the "out-of-body experience" a household word. Monroe created frequencies that have helped people with meditation and learning, to insomnia, quitting smoking, and pain control. Hardcover, 336 pages.

#62235 The Journey of Robert Monroe: From Out of Body Explorer to Consciousness Pioneer $24.95

MUSIC FOR INGENUITY

Music that includes relaxation while heightening mental abilities produces what is known as the "Mozart Effect." Now, combined with the remarkable brain synchronizing effects of Hemi-Sync®. Reported to be helpful for ADHD. 60 minutes.

#46023 Einstein's Dream CD $19.95

MEDITATION

Deeply relaxing sound patterns will gently lead you into powerful, free-flow explorations. Will leave you centered, focused and totally refreshed. Non-verbal. 45 minutes

#99854 Hemi-Sync Meditation $19.95

SUPER SLEEP

Produces the natural brain-wave patterns of the Delta-sleep state and offers the benefits of totally refreshing, deep restorative sleep. Non-verbal. 45 minutes.

#45718 Super Sleep $19.95

TRANSCENDENCE

Move beyond your thoughts and daily concerns into the free-flow exploration of expanded states of consciousness. 73 minutes.

#63423 Transcendence $19.95

BETWEEN WORLDS

Captivating shamanic music combined with sounds from the rain forest contribute to the surreal, organic ambience. Vivid images emerge as time blurs and the world disappears. 52 minutes.

#48621 Between Worlds $19.95

BREAKTHROUGH

Upbeat electronic music with fast-paced tempo and driving-rhythms support faster beta patterns designed for peak performance, super learning and creative flow. 44 minutes

#48622 Breakthrough $19.95

ETERNITY WITHIN

Inspired by Robert Monroe's own experiences, this program provides a basis for fundamental revelation to many on a path of self-discovery and personal transformation. 45 minutes

#48623 Eternity Within $19.95

MASTERWORKS

Stimulate your imagination and heighten your creativity. Explore your options and be open to spiritual inspiration. 38 minutes.

#63424 Masterworks $19.95

FOR ADD AND ADHD SUFFERERS

Focus with powerful Hemi-Sync® and electronic music designed for learning enhancement, peak performance and creative flow. Reported to be helpful for ADHD. 66 minutes.

#46040 Remembrance CD $19.95

THE "SO" CHORD

Provides an ideal sonic background to support experiential meditation. Powerful vibrational harmonics restores balance and harmony to your mind-body. An exceptional meditative tool. 45 minutes

#48629 The "SO" Chord $19.95

SHARPEN YOUR FOCUS AND CONCENTRATION

Perfect for any task requiring focus and concentration-use at home, work or school while studying, reading, working on a computer or balancing a check book. Non-verbal. 53 minutes.

#46039 Concentration CD $19.95

THE SHAMAN'S HEART

Spellbinding shamanic stylized music helps one remain "heart centered" in the face of adversity… a hallmark of spiritual maturity. Best results are achieved when listening in a darkened, meditative environment. 73 minutes

#48630 The Shaman's Heart $19.95

TRANQUILITY

A sensual fusion of East-West music. This program's ultimate charm is its artful, unspoken appeal for East-West unity, spiritual awareness and world peace. Richly composed and beautifully played, this program weaves intricate textures of Indian music with Western music, resulting in a relaxing soundscape. 53 minutes.

#48631 Tranquility $19.95

DEVELOP MENTAL SHARPNESS

Develop greater confidence in your mental sharpness, stimulate or enhance creativity, improve memory and recall with this CD from the Monroe Institute. 30 minutes.

#71048 Think Fast CD $19.95

OVERCOME LEARNING CHALLENGES

This CD mixes high quality electronic music with unique Hemi-Sync concentration frequencies for super-learning. Also helpful for ADD/ADHD, and other learning challenges. 71 minutes.

#41033 Indigo CD $19.95

SLOW, GENTLE MUSIC FOR RELAXATION OR SLEEP

This is a sonic cradle with a warm blanket. While listening, the heart rate and breath are naturally entraining with the slowing rhythms into ever-deepening relaxation and peaceful sleep. Additionally, binaural beat frequencies help guide brainwaves through beta and alpha into the theta/delta state for replenishment and renewal. One

CD is Day Rest; 2nd CD is Night Sleep. Tempos are very slow; 30-50 beats per minute. 2 CDs.

#62524 Sound Asleep $24.95

UNLEASHING THE POWER OF CONSCIOUSNESS

The book examines how cells receive information and shows that genes and DNA do not control our biology; that instead DNA is controlled by signals from outside the cell… including the energetic messages emanating from our positive and negative thoughts. 224 pages.

#99767 The Biology Of Belief: Unleashing The Power Of Consciousness $25.00

Individual results from using these products may vary. These products have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure or prevent any disease.

more online MORE PRODUCTS MORE SPECIALS MORE INFORMATION www.ToolsForWellness.com

The Gateway Experience is the Premier Higher Consciousness Training Series For In-Home Use

This complete life-enhancing program is dedicated to developing, exploring and applying expanded states of awareness. There are six albums called "Waves of Change." Each 3 CD Wave contains special Hemi-Sync exercises designed to gently lead the listener into profound states of expanded awareness. While in such states, one has available a broader range of perceptions with which to solve problems, develop creativity or obtain guidance.

Wave I introduces the Mind Awake/ Body Asleep state. You are led from your physical waking state into deep relaxation and then into unexplored levels of your consciousness.

Wave II opens new perceptual channels for expanding and integrating personal awareness while developing creative insights which assist in dissolving fear barriers.

Wave III makes the methods for perceiving and controlling your non-physical energy a comfortable and joyous experience.

Wave IV explores new experiences, new ideas, new places and new friends, providing you with the ultimate expression … that of a personally controlled and directed adventure.

Wave V is a tour guide as you learn to create new experiences without verbal instructions. Carefully orchestrated changes in the Hemi-Sync signals lead you into different states of consciousness throughout your journey of self-exploration.

Wave VI are non-verbal exercises that explore that elusive thought or artifact of knowledge which is important to personal growth. Enables the listener to join the hunt, which can be almost as much fun as the discovery. Contains 18 CDs, 6 booklets, and 20 hours of exercises.

#75169 The Gateway Experience $399.95

Rated tops in its field!

Hypno-Peripheral Processing

Are you stuck to old ways of thinking or being? Breakthrough the obsolete behaviors with these popular Hypno-Peripheral Processing Programs. They are a proven, effective way to generate positive behavior. You hear two stories at the same time, one in each ear. This allows both sides of the brain to hear new information in the form they hear best. Each CD is 55 minutes

A Stress-Management Program: Building Self-Esteem, Alleviating Anxiety, Coping with Anger and Lifting Depression.

#82021 Changing Emotions 2 CD set $39.95

Personal Power, Setting Priorities, Getting Started and Problem Solving.

#82022 Procrastination 2 CD set $39.95

Learn to Boost Your Immune System, Healing, Staying Healthy & Taking Charge of Your Life.

#82023 Feeling Better Mind/Body Connections 2 CD set $39.95

Maximizing Performance for Business, Sports and the Arts. Goal Setting, Confidence, Maximizing Performance and Handling Pressure.

#82024 The Quest for Excellence 2 CD set $39.95

Generate new ideas spontaneously. Overcome internal obstacles and stimulate innate creativity.

#42523 Breaking Through Creative Blocks 1 CD $24.95

The Complete Self-Esteem Program: Self-Respect, Confidence, Assertiveness and Relationships

#82025 Personal Ecology 2 CD set $39.95

A Motivational Weight-Loss Program: Motivation, Discipline, Lifestyle Changes and Exercise.

#82026 Inside/Outside 2 CD set $39.95

Learn to speak confidently in public. Gain confidence and assertiveness. Become an effective communicator.

#42524 Power Communication 1 CD $24.95

Setting goals, generating new beliefs, increasing productivity, avoiding self-sabotage, unleashing personal power and self mastery.

#82027 Money, Wealth and Prosperity 2 CD set $54.95

Learn to take responsible risks. Control negative emotions such as anger and anxiety. Manage your life successfully. Put resilience in a whole new light as a lifestyle, not simply as a response to dramatic events.

#42525 The Power To Bounce Back 4 CD set $79.95

Listening, Influencing, Competing and Closing Sales.

#42018 Sales Mastery 2 CD set $39.95

Learn to prioritize, organize, and, most importantly, how to follow-through to completion.

#42522 Creative Time Management 2 CD set $39.95

A Training and Reminder Watch

For everyone who needs help managing their time and chores.

- ADD and ADHD: Time management and focus management
- Medication and treatment compliance
- Behavior Modification: Training mode for monitoring and improving behavior
- Rehabilitation and physical therapy: Program compliance
- Deaf/Hard of Hearing: Helpful for the elderly and those with hearing difficulties
- Diet: Keep track of diet and exercise regimens
- Bed wetting: For training and incontinence control

Reminder mode is useful for taking medication and doing homework or chores. Training mode helps with behavior change and self-monitoring. 30 daily vibrating alarms, repeating countdown timer, and a stop watch. 1½" diameter, with plastic band. Instruction booklet requires Adobe Reader.

#99758 WatchMinder 2 $99.00

Personal Transformation Through the Power of Sound

NEW

In this one program, you'll find Paul Scheele's paraliminal technology, the cutting-edge audio frequencies of Holosync, the energy principles of Feng Shui and the healing sounds of Spring Forest Qigong… all wrapped up in beautiful and transformative music. There are no exercises to do. Nothing to practice. No homework. You'll immediately begin to achieve greater success, richer relationships, balanced health, and spiritual growth. Consists of nine audio sessions on 5 CDs and a course manual.

#83149 Sonic Access $129.95

Do You Have Trouble with "Follow-Through?"

Re-train your mind and break old habits.

- Finish what you start
- Turn your dreams into reality
- Free yourself from bad habits

The MotivAider is designed to help you remember whatever you choose. You set the timer for anywhere from a few seconds to 24 hours. The MotivAider sits on your belt, and pulses at the selected time, stimulating you to remember your goals, ways of behaving, breathing, relaxation, or anything you desire. Includes belt clip, battery and complete instructions.

#46073 MotivAider $59.95

Achieve Rapid and Long Lasting Personal Change

This advanced CD-ROM program targets very specific brainwave patterns which have been proven to make the mind most receptive to psychological change. This program permits you to no longer accept your limitations.

How Does it Work?

It affects the mind through brainwave entrainment… training the brain to a particular mental state. The benefits are: relaxation, enhancing academic performance, reducing headaches, insomnia, ADD, reducing stress and enhancing athletic performance.

It also makes the mind more receptive to psychological intervention, guiding you to a relaxed, receptive mental state, increasing the success rate of suggestions and enhancing the lucidity of mental imagery.

While in the receptive state thus created, you can make striking changes in your behavior, thought patterns and emotions… by bypassing mental and emotional barriers that would normally make the mind resistant to change.

Windows required. Included is a 200+ page e-book style documentation, detailed user guide, research, psychological techniques and exercises.

#51028 Neuro Programmer 2 $49.95

Restorative Sleep and Stress Reduction

This is a pioneering combination of psychoacoustic music and synchronized cinematography. Two 30 minute

segments are specifically designed to slow brainwaves and heart rate to the ideal mind-body state necessary for deep, recuperative sleep. The music and corresponding images of this program use progressively slowing tempos and reduced visual and auditory complexity to achieve optimal effect. The net result: a natural, drug-free experience formulated to quickly reduce stress and facilitate an easy drifting off to sleep. Produced by Louie Schwartzberg and Joshua Leeds. DVD, 60 minutes.

#62505 Easy To Sleep $29.98

Learn How to Become Consciously Aware During Your Dreams, How to Remain Lucid and Apply Conscious Dreaming For Personal Growth and Benefit

- Easily remember your dreams
- Analyze the deeper personal meaning of dream events and symbols
- Track specific dream patterns and identify your own dream cues
- Use your dreams to understand and work out subconscious issues
- Use your dreams to achieve personal growth in waking life
- Induce a lucid dream from the waking state
- Use your dreams to rehearse situations for waking life
- Induce a lucid dream from the waking state

Dreamwalk contains CD tracks with binaural beats, which can be listened to prior to going to bed. The CD triggers a combination of Alpha and Theta brainwave states increasing your dream recall, vivid and lucid dreams, and teach your mind how to remain consciously aware while the body sleeps. Also contains CD-ROM features that include: interactive dream dictionary, techniques for developing dreaming skills, dream journal templates and more.

#51034 Dreamwalk $29.95

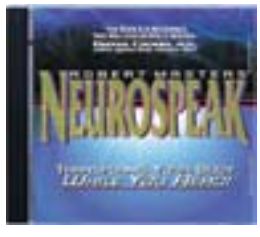
Holistic Releasing: Rediscover the Freedom to Have and to be Whatever You Choose

Holistic releasing is a technique in which you release back and forth between two different polarities or opposites. As you apply this concept to your life, you will find that even long-standing challenges dissolve and are replaced by a greater sense of mastery. Includes these exercises: THE INNER STRETCH, dissolving self-imposed walls of inner limitation; THE WEALTH BUILDER, releasing limiting thoughts, attitudes and beliefs that hold wealth and abundance away, YOUR IDEAL RELATIONSHIP, removing obstacles to having loving, supportive relationships; and HIGH SELF-ESTEEM, where you build self-confidence to look anyone in the eye as their equal and realize your dreams with ease and purpose. Total: 7 CDs and booklet.

#42724 Practical Freedom $129.95

Transform Yourself While You Read

Neurospeak addresses the nervous system through the written word



to elicit changes in muscles, body organs, and conceivably the mental, emotional and spiritual dimensions of life.

Robert Masters, the author of Neurospeak, was a student of Jean-Paul Sartre, Milton Erickson, and Moshe Feldenkrais. 107 pages.

#46074 Neurospeak $14.00

Music For Sleep by Dr. Jeffrey Thompson

A clinically proven musical system that helps you fall asleep, stay asleep and wake up rested and refreshed. Peaceful musical soundscapes blended with Delta wave pulses quiet your mind and lead you into deep restorative sleep.

#62192 Music For Sleep CD $29.98

Achieve Weight Loss Naturally

Change ingrained behavior patterns with lasting impact so that your appetite and self-esteem work in harmony to help you achieve and maintain your ideal weight.

#75076 Slim Naturally CD $14.95

EVERY INDIVIDUAL IS UNIQUE

Different products result in different effects on people. People with special sensitivities may experience some unwanted side effects. Other users report that benefits didn't start to occur for several days. This can be attributed to the cumulative effect from many of the products in this catalog.

more online MORE PRODUCTS MORE SPECIALS MORE INFORMATION www.ToolsForWellness.com

Paraliminal Recordings

"Para" is the Latin prefix for "beyond." "Liminal" refers to the "limen" or "threshold" of consciousness awareness. The term literally means, "beyond the threshold of human awareness."

With paraliminal learning sessions, the listener can hear messages coming into each ear, but it is beyond the conscious mind's ability to process both messages simultaneously. The result is an interesting multilevel communication to different hemispheres of the brain. Subliminal recordings hide positive statements of affirmations in music or environment sounds. There are no subliminal messages on paraliminal recordings.

Motivates you into action to create the most powerful ways possible to attain results. Eating healthfully, take a class, read a book, fix the car, clean the house, finish a project.

#45714 Peak Performance $29.95

Do you have a habit that is harming your health, hurting your job performance, ruining your home life, keeping you from having the great life that you want?

#45717 Break The Habit $29.95

"How can I find someone who is attracted to me?" "How can I get passion back in my marriage?" The shift in your mental and emotional state will cause your evening to sizzle. Even helps with overcoming resistance to asking for that first date.

#45716 Creating Sparks $29.95

Makes it easier for you to talk and get the results you want. Helps condition your mind to speak with ease.

#45715 Talking To Win $29.95

Effortlessly cut back or give up smoking. The healthy lifestyle of a non-smoker can be attained in just 20 minutes a day.

#99624 Smoke-Free $29.95

Remember and use your dreams for greater success in life. Use dreams to solve problems, rehearse activities, improve productivity, gain insight, integrate personal changes, and make sense of your complex universe.

#99608 Dream Play $29.95

As you listen, your mind calms, stress diminishes, fatigue disappears, and your body revitalizes.

#99607 Deep Relaxation $29.95

Eliminate negative self-talk and vaporize self-sabotage. Use your inner mind to enter a flow state and then attain goals. Learn to function at peak efficiency and build commitment to your goals.

#99605 Automatic Pilot $29.95

Strengthen belief in your ability to perform. If you believe you cannot do something, you can change that belief by listening to this CD.

#99606 Belief $29.95

Feel love, peace and joy toward yourself and the world around you.

Listen to enhance the expression of your holiday spirit, today and every day. Add an inner sparkle to celebrations and holidays.

#99610 Holiday Cheer $29.95

Change emotions and memories that stop you. Things from the past belong in the past, and they need not adversely affect you. As you listen, you learn from your memories and eliminate their negative effect on your life.

#99615 New History Generator $29.95

Create new solutions and choices. This CD will help you to discover new ways to achieve the results you want.

#99616 New Option Generator $29.95

Attract, nurture, and maintain strong, loving, rich, and satisfying relationships. Discover the secrets of solving people problems and healing interpersonal wounds.

#99620 Positive Relationships $29.95

Enhance how you use your mind to positively affect your immune system, tolerance for pain, recovery from illness or injury and level of health. You will learn to think in terms of wellness instead of sickness.

#99617 Perfect Health $29.95

Open the flow of abundance in your life

#99619 Prosperity $29.95

Gain profound confidence and feel great about yourself

#99622 Self-Esteem Supercharger $29.95

Get full energy and productivity all day long, and into the evening. Listen to this CD before a presentation or an important meeting, after physical activity, after a flight or whenever you feel yourself dragging.

#99623 10 Minute Supercharger $29.95

Become youthful with new, unbridled vitality. Listening to this CD will rejuvenate your body, mind and spirit. It will help bring back traits of youthfulness and ward off the physical, mental and emotional rigidity characteristics of being old.

#99625 Youthful Vitality $29.95

Gain freedom from fears and project strength

#99604 Anxiety Free $29.95

Eliminate procrastination and succeed by design

#99609 Get Around To It $29.95

Reach and maintain your ideal weight naturally

#99611 Ideal Weight $29.95

Turn on praise, charm, and sex appeal

#99612 Instantaneous Personal Magnetism $29.95

Strengthen your memory and concentration

#99613 Memory Supercharger $29.95

Neutralize unwanted behaviors and take on new ones

#99614 New Behavior Generator $29.95

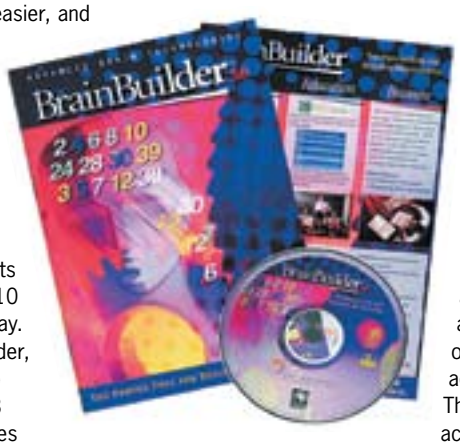
Accelerate your learning abilities

#99618 Personal Genius $29.95

All information contained herein is for educational purposes only. No health claims are intended or inferred. Statements made in this catalog have not been evaluated or approved by the U.S. Food and Drug Administration. If you have a medical condition, please consult your healthcare professional.

Improve Your Capacity to Process Information with Greater Efficiency

BrainBuilder® "neurobic" exercises can boost your whole family's ability to absorb and process information quicker and easier, and all it takes is ten minutes per day!



Fast, simple, easy-to-use software helps you get powerful results in as little as 10 minutes per day. With BrainBuilder, you play up to 7 different 2-3 minute activities every day. BrainBuilder automatically sets and adjusts the level of difficulty to help you succeed and challenges you to improve, providing feedback every step of the way.

The more you exercise your brain's fundamental processing capacities, the stronger, more efficient and more organized they become. As the pathways of your neural network proliferate and deepen, so too will your ability to absorb and process information quickly and easily.

The result is clearer, quicker thinking, less confusion and better communication. You'll have less need to reread information or hear it repeated, and faster, more accurate responses to real-life or academic problems. Naturally, this means less stress, higher self-esteem, and greater satisfaction and all-around success in life.

There are three visual activities, three auditory, and one intensity activity. These six core activities all involve seeing or hearing, and then recalling, a series of numbers.

• Increase immediate, working and short-term memory capacity • Improve auditory and visual processing • Raise cognitive processing speed • Develop visualization & conceptualization • Improve attention and concentration • Enhance listening & reading • Increase mental efficiency & organization • Reduce confusion and mental stress • Enhance communication and social interactions

#54816 BrainBuilder 3.0 CD-ROM $49.95

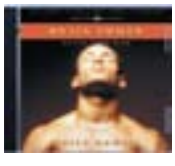
Improve Short-Term Memory, Reaction Time & Hand-Eye Coordination

Covers a wide range of important cognitive skills such as: visual search, time estimation, naming, categorization, visual short term memory, auditory short term memory, location memory, spatial orientation, planning, ability to inhibit planned action, speed of reaction and hand-eye coordination. Initially, it evaluates the starting point for each user, and on the basis of this information it designs an individual training program.

#99853 MindFit $149.00

Master Your Mind

Flow into a state of relaxed concentration where the right and left hemispheres of your brain move into prefect sync. You'll feel invigorated as you access up to 90% more of your untapped ability to learn.



#45003 Brain Power $14.95

10 Minutes to Faster Reading

Watch your reading speed increase immediately. Even your concentration improves. CD

#42716 Double Your Reading Speed in 10 minutes $19.95

Harness Your Harmonics for a Brain Workout

Tom Kenyon has created a complete "gymnasium" for the brain that includes:

- Programs to transport you immediately from the everyday beta state to the relaxed focused alpha, the rejuvenating delta, or the dream state of theta
- Active exercises that build new neurological connections … physical pathways between the two hemispheres of the brain
- Guided visualization sessions to help you break free from the "perceptual boxes" that limit learning and innovative thinking
- Deep entrainment journeys through the "magic window" of alpha and theta to help you access powerful altered states for healing and insight
- An audio user's guide to help listeners develop their own sustained psychoacoustic practice and create lasting, positive improvements.
- How to harness sound for emotional development, relaxation, and opening the heart

9 CDs; 9 hours.

#45705 The Ultimate Brain $99.00

Expand Your Brain Power

- Think faster
- Increased short and long-term memory
- Improved focus and concentration
- 200-400% increased ability to multi task
- Increased sensory awareness
- Ability to remain calm when "in crisis"

The sound patterns communicate directly to the brain, creating a bio-chemical response in the neurotransmitters of the brain resulting in dramatic improvements of a wide variety of mental functions.

Simply listen twice a day for 20 minutes. That's it! The pleasant music and sound patterns progress each week. 105 minutes. Headphones required.

#74022 Ultra-Intelligence DVD and 2 CDs $349.95

FREE CD OFFER:
With each purchase, you will receive JOHN-DAVID'S "Discoveries of the Mind"

Strengthen Your Memory and Concentration

Ever wish you could learn more and faster, and then retain the information longer? See page 9

#45004 Deep Learning CD $14.95

Complete Brain-Boosting Program

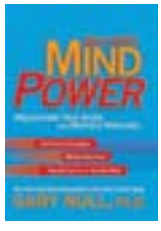
You can boost memory, sharpen concentration, enhance verbal fluency and more–in less than two weeks. Kit includes:

- 2 CDs: 2 hours
- 52 page workbook
- 35 brain-training cards

Co-authored with Andrew Weil, M.D., this will give you the most essential skills for keeping your brain in optimum shape today, and in the years ahead.

#62506 The Healthy Brain Kit $26.95

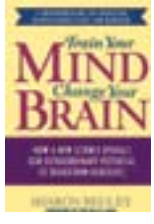
Protect Your Brain from the Common Effects of Aging



Here is a strategy that not only protects the brain, but helps to counter the effects of aging and such common detrimental conditions as Alzheimer's, Parkinson's, depression, memory loss, senility, insomnia and others.

#23401 Mind Power $15.95

Change Your Brain to Think and Feel Differently



This book details new findings about our understanding of the human mind and our approach to deep-seated emotional, cognitive, and behavioral problems. Here, you will find that the brain is capable of not only of altering its structure but also of generating new neurons. A fascinating book! 304 pages.

#62194 Train Your Mind, Change Your Brain $24.95

more online MORE PRODUCTS MORE SPECIALS MORE INFORMATION www.ToolsForWellness.com

Fuel for Your Brain Cells

Brain Lightning™ is a highly advanced neurological product and features a natural, synergistic, safe, and effective formulation that will assist anyone who has a need for increased focus, concentration, or better memory at home, at school, or on the job.

Powerful Natural Substances Aid Super Brain Function & Longevity

Brain Lightning™ comprehensively serves both the neurological and endocrine systems, and does not contain the "biological noise" of many other products available today. Brain Lightning™ offers 100% natural, best grade, and the highest purity in all its ingredients. The proprietary synergistic formula is finely tuned to achieve the maximum neuro-physiological benefit, far outweighing the capability of any other product.

Providing the Best Nutrition for the Human Brain

Brain Lightning™ provides a balanced blend of ten major neurological support substances including Huperzine A, Vinpocetine, DMAE, Trimethylglycine, DL-Phenylalanine, GABA, L-Tyrosine, Ginkgo Biloba, and Pregnenolone, supported by a wide spectrum of specific vitamins and minerals of the highest natural quality. Huperzine has been used with Alzheimer's disease. It also increased brain levels of neuron-transmitters while decreasing neuronal cell death from stroke, epilepsy and other brain disorders. Vinpocetine has been shown to increase the rate of learning by 40% and short term memory was improved in 62% of the persons tested. 90 capsules.

#71061 Brain Lightning $69.95
Buy 3 bottles and SAVE! $59.95 each

Key Benefits of Brain Lightning:

- Promotes better short-term & long-term memory
- Enhances focus & concentration
- Faster, accurate thinking
- Improves mental & intellectual function
- Protects against age-related cognitive decline
- Protects against neuro-transmitter exhaustion
- Improves glucose & oxygen utilization in the brain
- Improves cognitive function in Alzheimer's patients
- Facilitates cerebral metabolism
- Assists cerebral detoxification
- Increases acetylcholine in brain
- Improves vision & hearing
- Enhances blood flow to brain
- Increases mental sharpness
- Increases memory recall
- Prevents nerve gas toxicity
- Alleviates glaucoma symptoms
- Helps scavenge free radicals in the brain
- Facilitates clarity of thought
- Increases mental energy

'BRAIN LIGHTNING has reduced my fatigue headaches and eye strain from too much time on the computer." GM, New Jersey

"I have not felt this clear in years." JG, Washington

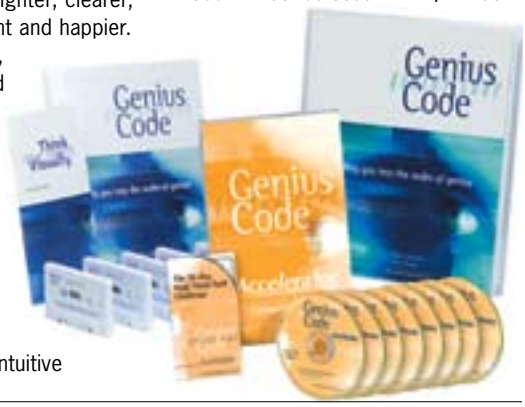
"Our daughter suffered brain damage in an automobile accident. Thanks to BRAIN LIGHTNING, she has shown great improvement with her reflexes, problem solving, hearing, disposition, and facial tics. And, it's wonderful to see her smile and hear her laugh again." LG, California

"My father has Alzheimer's Disease. Since taking BRAIN LIGHTNING, we've seen a wonderful improvement. Needless to say, many thanks." JG, Texas

See How Bright You Really Are!

Improve your performance in memory, quickness, IQ and learning capacity. You'll feel brighter, clearer, calmer, more confident and happier. Two mental exercises, "Hidden Question" and "High Think Tank" get the noise and interference that seem to clog the lines between the conscious and the genius mind. This improves problem solving and increases the speed of getting intuitive and creative insights. You get 8 Program CDs, "Think Visually" booklet and a workbook.

#83047 Genius Code $174.95



Get Peak Mental Performance

ATP (Adenosine Triphosphate) gives you the highest energy levels for physical and mental peak performance but environmental oxygen deficiencies result in our bodies' reduced ability to create required amount of ATP for demanding physical or mental output. 75 tablets; 3 month supply

#46037 Soma ATP $49.95
Buy 2 and SAVE! $47.95 each

Nourish Your Memory

Bacopa Monniera, a 1000 year old Indian Ayurvedic brain nerve tonic, is recognized for its memory-enhancing and revitalizing effects. It also nourishes neurons, inhibits age-related cognitive decline, improves spatial memory, enhances episodic memory, and alleviates anxiety.

#75019 Bacopa Vitality 90 capsules $15.95

Clearer Thinking and Greater Vitality

The vitality of Oxy-Bliss Liquid is psychoactive, producing a high-energy feeling of well being, optimism and clearer thinking used by athletes and creative types. Sublingual for efficient absorption. Stimulates clearer thinking and a general feeling of vitality and helps detoxify the body by scavenging free radicals and toxins. (1–2 month supply) 1 oz. bottle.

#46038 Oxy-Bliss $46.95
Buy 2 and SAVE! $43.95 each

Your Brain and the Neuroscience of Everyday Life

This pop science book suggests that to understand one's own mind, one should first understand one's own brain.

The book explains how the most recent theories in neuroscience have an impact on the way we think about thinking. A clever and very provocative approach to an intriguing subject. Softcover, 288 pages.

#45711 Mind Wide Open $15.00

Supercharge Your Memory

Contains everything you need to improve your memory and maximize your powers of recall. From certain special tricks and training methods of the world's memory masters, this captivating, yet entertaining pack is presented in a clear and accessible manner.

#75348 Memory Pack $29.95

Shields You from the Effects of EMF

This is a true CLEARING DEVICE that protects a 1000' radius. The Safe Space Device is designed to clear your space giving protection from detrimental EMFs, toxic earth radiations, and other harmful energies. This self-powered unit contains a holographic grid that holds and conducts a wide range of permanently imprinted vibrational frequencies… producing a purifying effect that causes a tangible change in the atmosphere. Under normal conditions, one unit can clear an entire house. Users often report a tangible change in the atmosphere and air quality, creating a bio-friendly environment. As a result of a harmonious flow of positive energies, most people say they feel calmer, relax easier, become more creative and sleep better. 2½" x 4" x ¾".

#46005 Safe Space $109.95

Read at Speeds Most People Find Unbelievable

Too many web pages to read? Too many books, newspapers and magazines to study? To be successful in today's world you need information. PhotoReading can help you digest information quickly and easily. Want to learn how to golf? Great, go pick out the five best books on the subject. Then, with PhotoReading, read all of them in about 2 hours. This is a powerful way to learn ANY new subject. Like a mini-college course all available to you in a couple of days.

After a few weeks with PhotoReading®, you will learn to:

- Enter peak learning states
- Improve memory and concentration
- Save hours of time AND stay ahead of your competition
- Never let "too much information" slow your down

Here is How It Works:

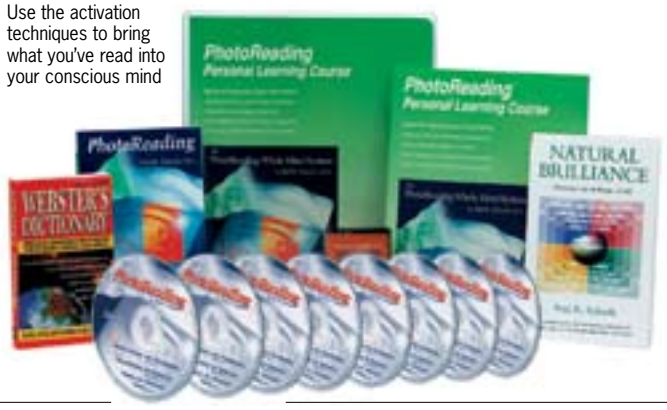
1. Place a book or magazine in front of you.
2. Relax, close your eyes, notice your breathing and sit up straight.
3. State your purpose for reading.
4. Open your eyes, and turn the pages in a relaxed rhythm
5. Focus on the entire page, and mainly the white space, not the letters. Your mind is now working like a copy machine to store each page in its entirety in your subconscious
6. Close the book, and state that you have completed learning
7. Wait 20 minutes to 24 hours. (Longer is better to allow your mind to process the information)
8. Use the activation techniques to bring what you've read into your conscious mind

What you get:

16 Photo-Reading instruction sessions on CDs, and 4 books: The PhotoReading Whole Mind System by Paul Scheele, Natural Brilliance by Paul Scheele, a manual, and a pocket dictionary.

PLUS A FREE Memory Supercharger CD.

#42547 PhotoReading Personal Learning Course $244.95



5 Mind Power Breakthroughs

The Brain Supercharger—Mind Lab (12 titles on 6 CDs)

Titles: Ultra Success Conditioning, Perfect Body Image, Project a Winning Image, Mastering Stress, Unleashing Creativity, Healthy Mind-Body, Super Memory, Sports Performance, Soaring Self-Confidence, Improve Love Relationships, Attract Wealth, Enhance Psychic Functioning.

The Millionaire's Mind (2 CDs) Neuro-Mapping technique for implanting and activating winning feelings. Use "Programmer CD" to link positive emotions with specific success actions and "Activator CD" to activate those winning feelings and trigger your "millionaire's mind" into action.

The Photographic Mind (16 Lessons on 8 CDs)

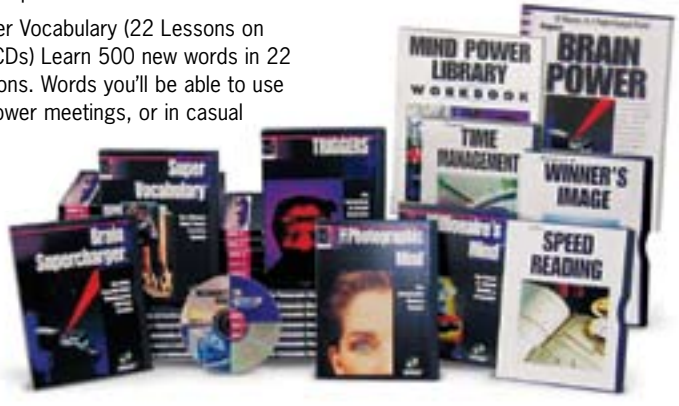
Teaches you the secrets of your holographic brain and how to integrate your verbal left and visual right brain along with emotions to record, retain, and retrieve memories.

The Instant Motivation System (12 Lessons on 6 CDs) Designed to turn desire into success actions. Learn the technique in about 20 minutes.

Super Vocabulary (22 Lessons on 10 CDs) Learn 500 new words in 22 lessons. Words you'll be able to use in power meetings, or in casual conversations with someone you'd like to know better.

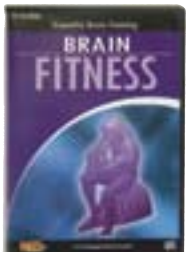
PLUS 5 FREE BONUSES: Super Brain Power Book, Super Intelligence CD, Ultra Speed Reading, Project a Winner's Image, & Super Time Management.

#63453 Mind Power Library $199.95



Increase Memory Capacity—Improve Concentration and Language Abilities—Enhance Mental Efficiency—Sharpen Cognitive Processing

Brain Fitness will give your mind a workout that tests your recent memory, language skills, concentration, and ability to decipher, classify, and order concepts.



The CD-ROM contains 28 fun and innovative exercises (with difficulty levels) and tools that will provide your brain with a full mental workout.

You'll increase thinking ability, prevent brain aging, and hone all five cognitive functions: memory, language, logic, concentration and visual/spatial skills. Moreover, it will provide you with the tools to monitor and track your progress… and compare your performance with other individuals of the same age, gender, and educational level.

For example: You can choose to take a tour of exotic places around the world. You'll be asked to remember details about your "virtual visits" throughout the exercises. Engage your friends and family to join you; Brain Fitness can also track the progress of multiple users. No matter what your age or skill-level, your mind will be challenged.

#99825 Brain Fitness $64.95

Background Sounds for Study, Focus and to Clear Mental Fog

Played softly in the background, this program contains subliminal sounds that are proven to boost alertness and reduce mental fuzziness. Listening for only two minutes produces great results.

The audible "pink noise" (a warmer version of "white noise") should be played softly in the background. It sounds like the "whooshing" of wind through trees or the "shushing"" of distant traffic. Its frequency tones are embedded at a much lower volume, below the threshold of awareness.

It is effective with speakers or headphones. It can be played immediately before any activity when mental clarity is desired, or continuously for as long as an hour when unbroken concentration is desired. Longer lasting results can be achieved by setting the CD player to "Repeat". 15 minutes

#48410 Attention!™ CD $19.95
Great for classroom and therapeutic work!

A Very Potent Chinese Herbal Primal Essence

This is an eleven hundred year old formula used by a Chinese emperor to provide creative and procreative power. It has gained a reputation for stimulating mental and creative power, and is described by some users as producing a fabulous mental "spark." It is also a superb sexual tonic, an excellent athlete's formula and potent immunity booster. Within Chinese medicine, it is regarded as an extremely potent and well balanced Yang Jing tonic suitable for most men and many women. Made by one of the foremost Chinese herbalists, Ron Teeguarden. 100 capsules.

#72098 Supreme Creation $54.95

more online MORE PRODUCTS MORE SPECIALS MORE INFORMATION www.ToolsForWellness.com

emWave Personal Stress Reliever

From The HeartMath Institute, a handheld, portable and convenient way to reduce stress, balance emotions and increase performance anytime, anywhere. It is especially useful when preparing for highly stressful meetings, for improving sleep, to improve athletic performance, to overcome the effects of stress associated with health issues or to recover quickly from stressful situations.

Stress, the number one malady of our time, creates incoherence in our heart rhythms. However, when we are in high heart rhythm coherence, the nervous system, heart, hormonal and immune systems are working efficiently and we feel good emotionally. emWave Personal Stress Reliever helps you reduce your emotional stress by displaying your level of heart rhythm coherence in real time. Then, it guides you toward stress relief by training you to shift into a coherent, high performance state. It is a precision device providing lifetime enhancement technology.

Formerly known as Freeze-Framer, now with considerable improvements.

Weighs only 2 oz. Includes: hands-free ear sensor, carry case, battery charger, 55 page owner's manual and quick start guide, finger sensor and one year warranty.

#62170 emWave Stress Reliever $199.00

Ear Sensor

The Ear Sensor allows the user to keep working hands-free at their desk or table while running a session. The light spring action in the Ear Sensor makes wearing it barely noticeable.

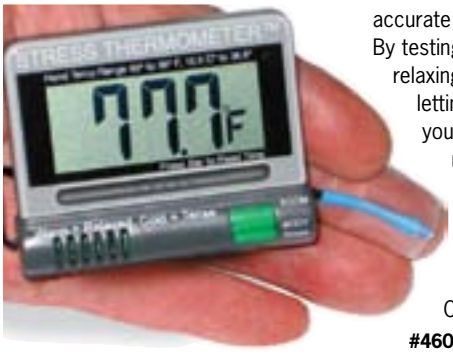
#83137 emWave Ear Sensor $29.95

Upgrade Kit for Current Freeze Framer Users

Upgrade your current Freeze Framer to this newest technology from HeartMath. You'll need to provide us with your Freeze Framer registration number in order to purchase this upgrade kit for PCs.

#83138 emWave Software Upgrade Kit $69.95

See the Stress Melt Away



The Stress Thermometer displays accurate digital temperature readings. By testing different methods of relaxing, breathing, laughing, or just letting go of held muscle tension you will see the temperature rise. With practice, you can learn to relax at will. Easy to read digital display with tilting desktop stand

Includes: "Time To Relax" CD, and training guide.

#46070 Stress Thermometer™ Kit $29.95

Buy 5 and SAVE! Only $24.95 each.

Measure Your Own Stress and then Reduce it

The GSR-2 precisely monitors your stress levels by translating tiny tension-related changes in skin pores into a rising or falling tone. By resting two fingers on the sensors, you learn to lower the pitch and your stress level.

It can also be used for entering deep states of relaxation, enabling you to access guided imagery, psychotherapy, physical rejuvenation, meditation and to manage your stress levels.

It's easy to use and takes only 15 minutes. The Deluxe System allows you to do hand warming" biofeedback, as it also includes a temperature sensor and remote electrodes for hands and feet. DELUXE SYSTEM GSR2 Biofeedback unit, earpiece, finger temperature and GSR gauge, temperature meter, thermometer, owner's manual, instructional CD and carrying case.

#46069 Deluxe GSR2 Biofeedback System $139.95

BASIC SYSTEM GSR2 Biofeedback unit, earpiece, operator's manual and instructional CD.

#46068 Basic GSR2 Biofeedback System $59.95

Achieve a Deeper Sense of Well-Being, Relieve Stress, and Live a More Balanced Life

Healing Rhythms (from the makers of WILD DIVINE) is an entirely unique and interactive program that uses biofeedback to help you achieve a deeper sense of well-being, to relieve stress, and to live a stronger, more balanced life, using interactive imagery with expert coaching. Instead of the adventure-type setting, users have direct access to:

- Guided meditation and breathing exercises led by Wild Divine's expert coaches
- Visually interactive biofeedback activities where users can practice the techniques they learn in the program
- Biofeedback monitor screen that allows the user to monitor their physiology as they improve their mind-body skills
- Online journal feature that allows users to track their improvements over time
- Finger sensors measure your skin conductivity levels and heart rate variability
- You are able to watch your real-time feedback
- Outstanding full color training manual and user's guide
- Track your improvement over time
- 30 guided meditation and breathing exercises
- Developed in conjunction with Andrew Weil, M.D., Deepak Chopra, M.D. and Dean Ornish, M.D.

#99868 Healing Rhythms $295.00

The First "Inner Active" Computer Adventure Using Biofeedback

By integrating biofeedback as a tool to gain access to the mind-body connection, WILD DIVINE allows a person to "see" how their body is responding to certain stimuli. As a result, you will learn techniques to alter brain activity, blood pressure, muscle tension and other critical bodily functions.

How It Works: Using the LightStone™ and finger sensors, our unique biofeedback device allows you to progress through the game's enchanting and mythical landscapes using the power of your thoughts, feelings, breath and awareness.

Meet Your Guides: Wise mentors teach you meditation and breathing exercises as they guide you gently throughout the realm

helping you to cultivate a new sense of self awareness that is both peaceful and mindful.

Biofeedback Events: Learn to focus through Zen Archery, build a magic stairway with your breath, juggle halls with your laughter—these are just a few of over 40 energy events you will discover on your journey.

The benefits of doing the sessions include:

- Enhanced powers of creativity, intuition and concentration
- Reduced stress and anxiety
- A sense of being in balance, connected, and in the "zone"
- Increased relaxation and energy
- Improved mental and physical performance
- Greater awareness of mind and body

Works with PC and Mac.

#42556 Wild Divine $159.95

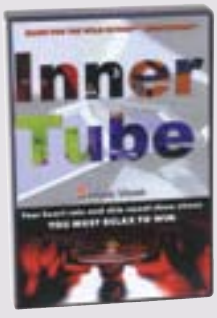
Find Deep States of Relaxation and Peace

This accessory provides rapid visual and auditory feedback by showing changes in your stress levels. Using the three finger sensors allow you to read your stress levels by directly changing the 3D environments. The beautiful imagery and music in this marvelous program provide:

- More accurate stress measurements
- Relaxing musical feedback
- Environment descriptions
- Beautiful backgrounds
- Line graph displays
- Full screen option

#99860 Particle Editor 3 $89.95

A Video Game that Improves Life Skills



You'll learn to relax under pressure and apply this relaxation training to your daily life. Excellent graphics and clever strategies teach you how to relax to win!

Beat the game by mastering your mind & emotions (shown by skin sweat & heart rate), and apply this mastery to your everyday routines to remain calm during stressful situations.

This video game improves life skills. You don't need to try to relax. Just play the game and the feedback will teach you. For use with WILD DIVINE.

#99861 Inner Tube $79.95

Grapher Expansion Pack

Allows users to save Heart Rate Variability, Skin Conductance Level, and Raw Heart data during play. You can view this data while using other stimuli as a real-time biofeedback device. Saves data in ASCII format and prints in full color. Requires 256 MB RAM, 800 x 600, 24 bit color display and a CD-ROM drive. A great addition to your original investment in Journey to Wild Divine.

#42709 Grapher Expansion Pack $49.95

Part II of the "Journey" Series

Experiment with advanced biofeedback techniques as you are enveloped in breath-taking three dimensional landscapes, soothing music and inspiring visuals. This will enable you to build upon the knowledge you acquired in Part I, The Passage, by teaching new meditation and breathing techniques. Includes: "Game Quest" and "Guided Activity" modes, new manual with tips and strategies for meditation, new music and more!

Greatly expands the original "Journey."

#42692 Wisdom Quest $59.95

Relax and Reduce Stress

The ThoughtStream Performance Feedback System precisely measures minute changes in the conductivity of your skin. Changes in your skin resistance directly correspond to changes in your stress or relaxation level as reflected in changes in perspiration, muscle tension, pulse rate, respiration, body temperature, blood pressure, etc. It is a powerful way for you to acquire more control over your life. You can learn to become more relaxed, to release stress with greater ease, and to be able to exercise greater control over the influences that affect the way you feel and react to situations in stress-filled lives.

How it works:

ThoughtStream measures changes in the electrical conductivity of your skin. When skin moisture increases, conductivity goes down; moist skin conducts electricity better than dry skin. As you relax, your skin moisture content decreases meaning that electrical conductivity decreases as well—a highly accurate reflection of changes in your physiology. This information is translated into audio and visual signals which provides the biofeedback reading.

#75049 ThoughtStream $129.00

ThoughtStream is not a medical device, and therefore is not intended for use in the diagnosis, mitigation, treatment or prevention of disease.

more online MORE PRODUCTS MORE SPECIALS MORE INFORMATION www.ToolsForWellness.com

Effortless Health and Well-Being, Effortless Relationships, Effortless Wealth and Success with the Sedona Method

The Sedona Method will enable you to quickly and easily let go of anything holding you back from financial abundance, emotional wellness, improved relationships and radiant health. You can expect to achieve: higher self-esteem and self-confidence, greater relaxation and clarity in action and at rest, freedom from anger, anxiety, depression, stress, tension, grief and fear as well as inner peace, contentment and satisfaction.

Effortless Health and Well-Being

You will learn how to feel relaxed and at home with the body and learn how to have more radiant health and well-being. You will not only feel better, you will easily discover the right actions to take to sustain your health and well-being much more easily, and learn how you to support the body's natural healing process. You will gain control of:

- Having your ideal body and loving the body you have
- Freedom from past traumas and recurring problems
- Release from the tyranny of guilt and shame
- Body weight, smoking, and addictions
- Deep relaxation and freedom from pain and discomfort
- Feeling and looking younger

Effortless Relationships

You will discover that your business and personal relationships can be more effective, fun, loving and mutually rewarding. You will feel renewed, empowered, fully alive and in love with life, yourself and those you care about.

- How to fall in love with your self and your partner again
- How to deal with difficult people with grace and ease
- How to understand others and have them understand you
- How to take responsibility for your own actions and experiences

Effortless Success and Wealth

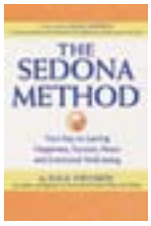
NEW

This part of the program is dedicated to showing you how to dissolve the blocks to creating, maintaining, and enjoying effortless success and wealth.

- Free yourself of fear, worry and anxiety of failure and success
- Work smarter, not harder
- Boost your self-confidence

The Sedona Method is validated by The Harvard Medical School and is time-tested to give you a lifetime of satisfaction. This new version contains four of their seminars combined into one life-changing 20 CD audio program, a two hour DVD seminar and a workbook.

#83140 The Sedona Method Course $389.95



Learn how to tap your natural ability to let go of painful feelings on the spot, including anxiety, stress, depression, anger, and grief. Make positive changes in your life with this simple process of releasing the underlying emotions that rob you of abundance and joy; your fear and anxiety will slip away. Do the exercises, and you'll be surprised by how quickly your life changes! 432 pages

#42004 Sedona Method Book $17.00

Powerful Approach to Relaxation

Activation of the right and left hemispheres of the brain occurs as two separate tracks are played simultaneously, to different hemispheres of the brain. Suggestions come from metaphors and stories spoken in the left ear as positive affirmations and suggestions are spoken in the right ear. Both the creative mind and analytical mind are stimulated to increase motivation, confidence, focus and well being while decreasing stress, anxiety, fear and self-doubt. 56 minutes.

#81031 Art of Self-Relaxation CD $19.99

Balance Your Emotions with the Bio Tuner / BT-7

The Bio Tuner (originally developed by the late physicist Dr. Bob Beck) delivers over 500 harmonic frequencies in each micro- second pulse. A microprocessor ensures reliable and precise frequencies.

There are three built-in regular programs and an additional three for sensitive people.

- Standard program is 111 Hz
- Dynamic program that strobes on and off
- Meditation program using the Schumann Resonance frequency

Benefits: Deep relaxation, mood improvement, better clarity and focus, increased energy. Features:

Automatic 20 minute shut off timer, compact carry case, 3 year warranty, 6 cotton electrode sleeves, ear clips, armband (for portability), battery and instructions.

#41153 Bio Tuner $199.95

Profound Life Changes Using Etherium Gold

Here's a nutrient that works by enhancing the interconnectivity between the nervous system and the vast network of connective tissue throughout the body. It contains trace amounts of rare monatomic elements such as gold, rhodium and iridium that may produce a kind of natural biological superconductivity in the body. Ideal for individuals beginning to open to higher consciousness, self-healing and a path of spiritual transformation.

#75007 Etherium Gold 60 capsules $29.95

Achieve Emotional Breakthrough

This audio program utilizes Holistic Releasing to help you easily recognize and dissolve the barriers that you imagine are keeping you from perceiving your true nature. This is a technique in which you release back and forth between two different polarities or opposites. Includes:

Opening To Freedom

Helping you cut through conflicting ideas on the correct way to wake up to your true nature

Beyond The Illusion Of Time And Space

in which you will experientially discover the truth about time and space

Opening To Love

Helping you dissolve the concepts that you hold inside about love.

Beyond Self And Other

assisting you to discover what lies beyond both self and other, yet embraces the two

The Finest Level Of Creation

allowing you to go beyond the confines of the limitations of the mind. THIS PROGRAM IS AN ADVANCED RELEASING COURSE. PREREQUISITE: The Sedona Method.

Five CDs with booklet plus two free bonus CDs: "Beyond Everything And Nothing" and "Remembering Who You Are.

#42725 Absolute Freedom $129.95

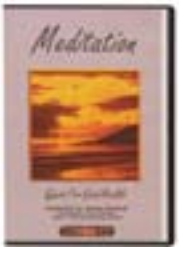
Stop Getting in Your Own Way

Eliminate subconscious belief systems that block your happiness and success. Entrancing nature sounds, unheard subliminals and gentle, powerful frequencies go to work unwinding your subconscious patterns and beliefs. Intensive 3 week program includes 5 CDs and 50 page workbook. Some programs require headphones.

#82032 Eliminate Self-Sabotage™ $199.95

Experience **Stress Reduction** For Peace and Wellness

A Guide to Meditation



A complete introduction to the origins, styles, methods and benefits of meditation. Release stress and strains naturally while refreshing the mind and relaxing the body. 50 minute DVD

#83143 Meditation $29.95

Relaxation Techniques for Children

Particularly beneficial for high-energy kids, it is wonderfully calming using outstanding animal photography, easily learned breathing patterns and the mesmerizing effect of the rhythms of the music. If you have problems getting a child to come down from a "high" and get ready for bedtime, this DVD could be the answer you have been looking for. Developed by The Children's Hospital Of Michigan and produced by Academy Award winning Sue Marx.

#83148 Relaxation Station $19.95

The Relaxation and Stress Reduction Workbook

Covers techniques, diagrams, examples, meditation, thought stopping, coping-skills training, worry control and much more in this newly revised 5th edition. Very reader friendly. 294 pages.

#83139 Relaxation & Stress Reduction Workbook $19.95

Eases Headaches, Shoulder and Neck Tension

Learn to relieve your stress in just 10–15 minutes in a chair using self-acupressure, gentle stretching and deep breathing. Easy-to-use routines that you can use anywhere, anytime. 30 minute DVD

#83147 Acupressure Stress Relief $19.95

Beautiful Pendants for Emotional Healing

The Rejuvenizer pendant is designed to protect your body from stressful reactions to electromagnetic pollution. They are individually handcrafted and no two are exactly alike. The Rejuvenizer can help you overcome fatigue and exhaustion that often results from exposure to EMF.

Users also report a strengthening of the immune system and increased energy.

See page 5 for more information, available designs, and prices.

A Spellbinding Visual Journey to Relaxation and Self-healing

This "Five Minute Bliss" DVD is a series of 7 five-minute ever intriguing, unfolding, animated fractal imagery experiences based on the principle of audio-visual entrainment of brainwaves.

The movement of the irregular curves and shapes, the music, and the color all integrate to synchronize with the high beta waves associated with stress. Brainwaves are then slowly entrained down to the alpha state of relaxation. Users have found they experienced various states of delight, deep peacefulness, relaxation, rejuvenation and a relaxed creative alertness.

Benefits may include an increased ability to focus and remember, as well as a lowered heart rate and respiration thus resulting in the "relaxation response" known to enhance the immune system.

#83107 Five Minute Bliss DVD $19.95

Disinfect and Sterilize Anywhere, Anytime

With this pocket-sized ultraviolet disinfectant lamp, you can easily destroy 99.9% of all bacteria and viruses in seconds. Use it while traveling, in sick rooms, bathrooms, kitchens, on dinnerware, toys, vegetables, handles, telephones, keypads, shared office equipment and devices… just about anything.

It comes with a carrying pouch and measures only 5". It is powered by 4-AAA batteries. It uses ultraviolet light, which is a spectrum of light just below the range visible to the human eye. The light automatically powers on when it is flipped open as the illustration shows. No maintenance is required other than keeping the surface of the lamp tube clean by gently wiping it with a soft lens cloth. It is harmless to the human body, but you should not expose your eyes directly to the UV light. The lamp should be kept out of the reach of children.

Tests show its effectiveness on E-Coli, Bacillus Subtilis, Staphylococcus Aureus, Hepatitis, bacteria, and fungal spores (responsible for mold growth, mildew and odors).

Recent headlines from around the world indicate a need to be very wary of communicable diseases that are easily transferred. This light can be a very effective defensive tool for you.

Shown in closed position

#83180 Portable UV Disinfectant Lamp $19.95

Use it on handsets | Use it on cell phones | Use it on toys | Use it on keyboard and mouse | Use it on utensils

Learn How to Stay Calm During Highly Stressful Situations

When your stimulating nerves become more active, they cause you to feel nervous, tense and restless by increasing your heart rate, breathing pace and brain activity. When the pacifying nerves become more active, they decrease your heart rate. Your heart rate continually rises and falls in a wave-like manner based on the changing interplay of the stimulating and pacifying nerves. The StressEraser allows you to visualize this wavelike activity on its screen, and guides you to synchronize your breathing with it. Within 15 minutes, you'll achieve deep relaxation. Using it for two weeks, you'll feel the difference all day long. Within a month, you'll have stress-free days. For excellent results, use StressEraser before bed to relax and recharge during the night.

This is a medical-quality device that previously has been available only to psychology professionals. The name of this product is aptly named; using it will not only "erase" stress; it will change your approach to life and its everyday issues. It provides a lasting therapeutic benefit.

Lightweight and about the size of an iPod, the StressEraser comes with a carrying case, User's Manual, a terrific "Getting Started" Guide and a one year warranty. Battery-operated. For sale only to U.S. customers.

#99871 StressEraser $299.00

Relax Anywhere Fast

Unwind at the end of the day. Pulsating light guides you to deep relaxation, a great distraction from your busy world. Everything is in the glasses, so there are no wires to untangle, no bulky attachments. Take them to work, on vacation, business trips, or anywhere you want. Enter deep alpha/theta states in minutes!

Relaxease comes with built-in brightness and frequency control (3–11Hz), so you can adjust them to fit your sensitivity. The timer can be set to 15, 30 or 60 minutes. Includes a cassette of relaxing ocean sounds. Battery operated.

#46041 Relaxease Light Glasses $59.95

Universal Mind Meditation

With this outstanding audio CD, Kelly Howell imparts the sacred truth spiritual masters have taught for millennia. It starts by changing your belief system, slowly, subtly and gently while you sleep. As you are lulled into blissful slumber, The Secret is whispered into your ears – first audibly, and then just below the level of consciousness. Theta and Delta frequencies. 60 minutes

#62145 The Secret $14.95

Learn About Guided Mindfulness Meditation

Mindfulness is recognized as a highly effective tool for dealing with stress, chronic pain and other illnesses. By opening to an awareness of how things actually are in the present moment, we are often able to experience very deep states of relaxation and well-being–of both body and mind.

This is a four part home training course that will enable you to sample the universal aspects of stillness, clarity, wisdom, compassion, and well-being. 4 CDs, 5 hours.

#51056 Guided Mindfulness Meditation $29.95

Inner Peace with the Music of Steven Halpern and Hemi-Sync

This CD from The Monroe Institute features a suite of seven hypnotic musical tracks of compelling meditative music fashioned around an infrastructure of low tones to ground the body and higher frequency harmonics to crystallize the delicate textures you feel spiraling around in your head. It quiets the mind while simultaneously resonates with body, mind and spirit. 57 minutes.

#51086 Deep Journeys $19.95

Unleash the Power of Theta with Vivid Imagery

This program puts you into the deep and elusive Theta state. Over a 4 week period, your brain's electro-magnetic energy is progressively balanced, organized and amplified. Empowering visualization and accelerating manifestation. Use with headphones for best results. 2 CDs. 60 minutes each.

#41047 Sacred Ground $16.95

Relaxation and Meditation Shawl

This shawl is 32" x 72" and made of a Pashmina-like rayon. It has been imprinted to emit a soothing, calming and nurturing energy pattern when worn on the body. For meditation or for a restful sleep, helps in de-stressing, relaxing and protecting from EMF, clearing and opening the chakras, pain relief, more energy and clarity, and an increase in general vitality. Can be washed and hung to dry.

#51093 Wrapture Relaxation Shawl: Cream $79.95
#51094 Wrapture Relaxation Shawl: Silver/Gray $79.95

Personal Transformation Through the Power of Sound

NEW

In this one program, you'll find Paul Scheele's paraliminal technology, the cutting-edge audio frequencies of Holosync, the energy principles of Feng Shui and the healing sounds of Spring Forest Qigong … all wrapped up in beautiful and transformative music. There are no exercises to do. Nothing to practice. No homework. You'll immediately begin to achieve greater success, richer relationships, balanced health, and spiritual growth. Consists of nine audio sessions on 5 CDs and a course manual.

#83149 Sonic Access $129.95

OPEN 24/7
ToolsForWellness.com

SHARE US WITH A FRIEND
Help someone else enjoy the life-enriching products at TOOLS FOR WELLNESS. Send us their name and we'll rush a catalog to them.

Learn How to meditate using Trance Music

Ultra Meditation™ was designed to open the mind to greater levels of awareness, by driving consciousness inward and feeding the brain with a steady flow of psychic energy … giving you wonderful relaxation, stimulating memory flows, and heightened states.

LEVEL I (Theta Consciousness)

For the first 30 days plug into Level 1. Using special sound frequencies and harmonics it's designed to shift your internal state and unfold a deep meditation and expanded awareness. The audio matrix is subsonic so you don't hear it, but you sure feel it. What you do hear are the sounds of an underground stream, Tibetan bells and angelic voices.

LEVELS II-V (Transformation, Awareness, Cetacean Mink Link)

Each sound track uses an increasingly more intense matrix designed to expand awareness. And to further that goal, your kit includes several powerful bonus libraries.

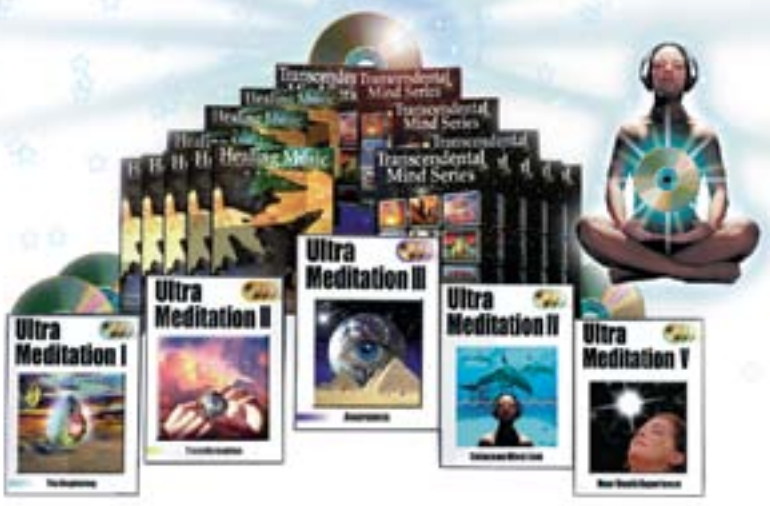
TRANSCENDENTAL MIND LIBRARY

9 Transcendental Mind sound tracks are included... Zen Healing Chants, Amazon Shaman, Voodoo Mating Ritual, Mayan Sun Ritual, Indonesian Karma, Eskimo Spirits, Pyramid Visions, Avatar Transformation, and Aboriginal Dreamtime.

HEALING MUSIC LIBRARY

Healing Music™ is designed to further your spiritual awakening. The 8 titles include: Healing Dreams, Emotional Well-being, Inner Harmony Tune-up, Radiant Health, Peaceful Sleep, Dream Therapy, Inner Child Healing, Spiritual Healing.

5 additional items are included free.



The difficulty with most traditional meditation practices is it takes years of concentrated effort to train your brain to redirect its energy into optimal patterns. That's why the Ultra Meditation System was developed.

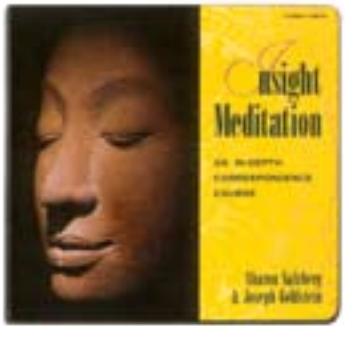
The Super Brain Power book and CD, plus 3 workshops on CD: Mind Power Secrets, The Secret of Living a Perfect Life, How To Find Your Mission.

*Requires headphones!

#63452 Ultra Meditation Transcendence System $199.95

A Twelve Month Meditation Correspondence Course

In your own home, you are now able to cultivate the sacred environment of a meditation retreat… with the help of a personal instructor, assigned to you when you return your first lesson by mail. There are: 12 sequential lessons, 18 hours of classical teachings, practices and meditations, an 88 page workbook with interactive exercises, resources and articles, plus one-on-one guidance from your personal instructor. Most people ask this about meditation: "How do I get started, and how do I keep going?" If this is you… this outstanding and complete program is the answer. 24 CDs in a binder plus workbook



#51001 Insight Meditation $198.00

For People who Can't Let Go by John-David

- Eliminate self-sabotage
- Enhance your self-esteem
- Sharpen your recall
- Communicate better
- Improve your ability to concentrate, make decisions and solve problems

BrainSpeak is an interactive, not passive, personal tool for transformation.

BrainSpeak alters your brainwaves to achieve more relaxed alpha and theta states, a technique proven to be effective by neurologists, physicians and educators. The beauty of BrainSpeak is that YOU decide what results you want to produce. And, depending upon the issues and concerns facing you at any given moment, your subconscious will lead you to the answers that are right for you. 4 CD Set, 127 minutes.

#75354 BrainSpeak $349.95

Soft and Sweet Classical Music to Produce Calm

Through the process of decreasing tempo and simplified harmonic complexities, the heart rate naturally slows and the mind unwinds … creating a gentle repose free from stress or anxiety. Gentle, yet industrial strength stress reduction. Tempos are a soothing 50-70 beats per minute. 2 CDs.

#62523 Calm $24.95

Use the Kaleidoscope to Relax and Meditate

The rhythm of the animated morphing patterns magically matches the beat to your music selections. There is no audio, so you are free to enjoy either the peaceful silence or choose whatever music you like. Use it alone or with a social gathering. The title, "Tarriance" means "to linger in expectation." 60 minute DVD.

#99847 Tarriance $19.95

Awakening Kundalini

Kundalini is the extraordinary powerhouse of cosmic energy that resides within you. It is the source from which all creativity, genius and psychic gifts spring. Traveling upward through the chakra system, it removes obstacles to living your highest potential.

A wonderful theta meditation program. CD: 60 minutes. See page 41.

#45015 Awakening Kundalini $14.95

Rest, Re-Balance, and Replenish with Classical Music for Healing

Listeners will enjoy a selection of soothing classical music, scientifically selected and performed to reduce physical tension, dispel anxiety, and create inner calm. Through subtle rearrangement and emphasis on the underlying psychoacoustic harmonics embedded in the music. 74 minutes.

#99858 Relax And De-Stress $17.98

more online MORE PRODUCTS MORE SPECIALS MORE INFORMATION www.ToolsForWellness.com

Get Rid of Noises that Cause Stress, Loss of Sleep and Lack of Privacy

We've sold a lot of these to thousands of satisfied users, and we recommend it enthusiastically. The units are durable, lightweight and are providing many years of reliable service. They create a consistent, smooth sound of rushing air. Tone and volume of the sound are regulated by simple controls.

The remarkable "white noise" sound effectively masks unwanted noises and creates a sense of calm, making it easier to concentrate, relax and/or sleep.

This popular and very economical sound conditioner is widely used for restless sleepers and to overcome appliance noises and the constant din of air conditioners. With the widespread use of office cubicles, our sound conditioners are used to effectively mask conversations to allow for better concentration. The durable beige plastic housing is suitable for use anywhere and it occupies only 6" of space; 3" high. AC operation.

#63041 White Noise Machine 2 speed $56.95
Buy 2 and SAVE! $49.95 each

"What a great product! Whether you are trying to cover obnoxious neighbor noise or just trying to soothe yourself to sleep, this works great. Whenever I have your noise machine on, I fall asleep quickly… and it's good quality sleep, too! I recommend this to anyone looking for a good sleep-aid." M.N. Massachusetts

"Your Sound Machine helps my two year old to stay asleep while my 6 month old cries in the night. Works like magic. Even my pediatrician uses them because the office walls are a little thin. I highly recommend this to other moms." L.S. Illinois

"Thanks to your Sound Screen, our 1 year old is sleeping better. It is great for drowning out other noises. We're very pleased with our purchase." L.L. Virginia

Use the Sounds of Nature to Relax and Sleep

For home or office: to fall asleep, to relax, to concentrate. Loaded with a variety of nature sounds.

Controls for volume and tone allows for customizing to create the perfect sound environment at home or work. Detachable AC power supply.

#81035 Programmable Sound Conditioner $129.95

Travel Model

Compact and lightweight, it masks unwanted sounds and noises with a variety of nature sounds. Haven't we all encountered trash trucks outside our hotel or loud people in the adjoining room? Not any more. Comes with a travel pouch. 6" x 4". AC operation.

#81036 Travel Sound Conditioner $79.95

Sound Conditioners add pleasant, soothing sounds to any environment. Used in the home to mask noises such as: street noise, television and stereos, barking dogs, snoring, air traffic, noisy neighbors and buzzing in the ears. At college, they are used to allow uninterrupted study or sleep. At the office, sound conditioners mask noises such as: keyboard clicking, light manufacturing noises and also to mask confidential conversations. WHAT IS WHITE NOISE? It contains every frequency within the range of human hearing and can produce a multitude of soothing effects such as wind, surf and space whooshes.

Lights Out! Total Darkness with Your Eyes Open

Great for airplane travel, deep meditation, biofeedback exercises, headaches and naps, while seated (but not for night time sleeping). With adjustable velcro strap and ear plugs. This is one of the very few products that we have tested that gives TOTAL DARKNESS.

#46021 Mindfold Mask $19.95

Getting Past Sorrow and Experience Joyful Wellness

Helps to overcome grief, sadness and bad news. Contains continuous angelic music for true relaxation, balance, harmony and healing. 60 minutes.

#18703 Inward Harmony CD $18.95

Holographic Mind Music

Listen with headphones, close your eyes and leave the universe! Excellent for enhanced creativity, alignment, mood elevation and consciousness travel. 60 minutes.

#81033 Realms of Light CD $16.98

Music for Healing and Unwinding

This will assist the body to be a self-healing instrument. Using sophisticated sound technology these compositions create a response of deep relaxation, contentment, and well-being. 2 CD set: 2 hours.

#99862 Music For Healing And Unwinding $19.98

Achieve Joy and Bliss

Removes the edge from life, and evokes joy, bliss and expansive awareness. 260 Hz tone plus gently pulsing over-tones giving you a ride into peace and harmony. 26 minute continuous play CD.

#74021 The Power of Seven CD $18.95

Heavenly Music

Described as similar to the "heavenly music" heard by people who have lived through near-death experiences. 60 minutes.

#46042 Angelic Music CD $16.95

Increase Energy and Alertness with Classical Compositions

Inspired composers like Bach, Beethoven and Chopin instinctively understood the revitalizing effect that music can have on our emotions and physical body. The 18 invigorating selections that naturally stimulate body, mind and spirit. This 60 minute CD is fun, endorphin-boosting, harmonic-rich cerebral fuel for all ages.

#62171 Increase Vitality CD $17.98

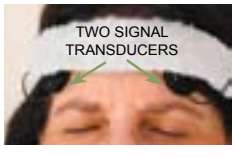
Listening and Learning Without Distractions

The Neurophone provides a means for ultrasonic waves to be interpreted by our brain as "hearing." This technology bypasses the normal audio mechanisms used by the body to hear sounds and provides a direct neural stimulation to the brain. Meditating, studying and learning becomes easier to comprehend and retain. The Neurophone effectively allows you to "hear without your ears," eliminating distractions. A very popular use is to use the Neurophone with its built-in pink noise generator for meditation and relaxation. Some people go sleep with it. Use with language and memorization programs for direct ultrasonic input to the brain by connecting a CD player to the Neurophone.

One of the main goals while using the Neurophone will be to increase the gain levels (volume) of the output over time. As you are training yourself to hear ultrasonically through your ears, you will find that over time you are able to hear the output of the Neurophone at a seemingly higher volume even though you are turning down the gain control.

Listening to pink noise, a favorite for meditation and relaxation, has been said to be analogous to listening to a waterfall in the distance. The integrated pink noise generator in the Neurophone provides pink noise on demand. This allows the pink noise to take your mind from your daily affairs to a new level of relaxation and meditation. It is a precision scientific instrument with an extensive digital sound processor that encodes sound and modulates it into ultrasonic signals. Its digital engineering offers a quality of ultrasonic transmission that is more accurate and richer in harmonics that an analog representation. Using the Neurophone is simple… put the transducers on your forehead using the headband as shown. Everything is supplied with your purchase.

#83077 Flanagan Neurophone $549.95



Choose Neurophone if you are:

- Having trouble screening out extraneous noises
- Studying memorization programs
- Finding it difficult to focus, comprehend, and retain information
- Serious about meditating

Listening to High Quality Sound With Poor Headphones is Like Attending a Concert with Cotton in Your Ears.

You are cheating yourself by using inexpensive headphones purchased at the local discount store. Using Sennheiser headphones for sophisticated listening makes an enormous difference.

1. Made by one of the world's most outstanding audio manufacturers.
2. Broad frequency response: 15-28,000 Hz spatial sound for professionals and audiophiles.
3. Open, dynamic, stereo design with ergonomic comfort.
4. Advanced Duofol diaphragm technology.
5. Excellent high frequency response, ideal for Samonas, Patricia Joudry programs and other brainwave entertainment CDs.
6. Highly optimized, neodymium magnet systems.
7. Outstanding wearing comfort for long listening sessions.
8. Lightweight aluminum voice coils for highly efficient and dynamic sound quality.

These headphones are for those who want the very best effect and benefit from sound therapy programs and classical music. Once you hear the difference, you will never go back to regular headphones again.

#42535 Sennheiser Headphones $169.95

For High Quality Sound Recordings

The Echofone generates the sensation of sound through neural induction, without any mechanical stimulation of the listener's eardrums. The modulated ultrasonic signals are perceived as high frequency audible sound. The Echofone extends your hearing perception to sounds well above anyone's hearing range. Music and sound from any high quality source comes alive with astonishing fidelity and dimension.

The perceptual expansion of overtones above your normal hearing range adds a sense of depth to many recordings. For example, you can close your eyes and perceive where instruments in a recorded orchestra actually are in space. The results are enhanced tone, crispness and depth… greatly amplifying the fidelity of quality recordings. If you have any high frequency hearing loss, such as damage caused by exposure to loud sounds, Echofone allows perception of the full dynamic range of music without missing the high frequencies.

Recommended for: sound therapy sessions, programs with binaural beats, listening to high quality recordings of music, learning languages and other instances where extremely faithful reproduction is required.

The Echofone headband uses a Velcro system allowing you to attach the transducers easily and comfortably. Includes a cable to attach to a CD player.

#48609 Echofone $399.95

echofone

Choose Echophone if you are:

- Passionate about listening to high quality music
- Learning a new language and must listen to enunciation with clarity
- Suffering from high frequency hearing issues
- Listening to sound therapy programs using full dynamic range

Low Frequency Response Headphones for Light & Sound Sessions

They offer the low frequency response that many other headphones are not sensitive to, and are incapable of detecting. You may have an excellent light and sound machine capable of low binaural beats frequencies. These headphones allow you to realize your Light & Sound machine's (or any stereo source) full potential. Binaural beat frequencies in the low pitch ranges (as low as 16 Hz) can be used in many varied and beneficial ways. They offer superb music reproduction as they produce a full range frequency response. We also recommend their use with audio-only entrainment programs, whether in combination with audio-visual stimulation or alone. You will be pleasantly surprised at the enhanced results you get when used with programs such as Hemi-Sync, Hypno-Peripheral Processing and paraliminal recordings, Brain Sync, meditation and others.

These have the largest headpiece among all high quality headphones. This feature is critical to all light and sound users, as these headphones shut out the "outside world." Included is an excellent handbook on light and sound, explanation of binaural beats, pulsed beats frequencies, and an extensive reference guide for further reading. If you really want to get the maximum performance out of a light and sound machine, look no further!

#45019 UltraBass Headphones $199.00

more online MORE PRODUCTS MORE SPECIALS MORE INFORMATION www.ToolsForWellness.com

NOTICE: The products listed on these pages are for adult audiences only and are not sold to anyone under 18 years old. Proof of age may be required when ordering.

Beaches Is The Best Sexual Attractant We Have Found!

Beaches smells great, and most importantly, it works! We have seen cool relationships turn hot (sometimes after many years of benign neglect), and we have seen Beaches turn heads, start conversations, and become the source of endless flirtation and fun.

Sexual Attractants To Improve Your Social And Sex Life; High Quality Pheremones That Really Work

Pheromones are naturally occurring body scents. This formula combines two of the most powerful, experimental grade human pheromones: Alpha Androstenol and Alpha Androstenone. Added to these is a scent of a tropical beach.

Pheromones seem to work magically by breaking down barriers between people. Once these obstacles are gone, people tend to be more communicative, loving and more interactive with each other. Roll-on bottle contains 1/3 oz. (3 months supply)

#46077 Beaches Sexual Attractant Body Oil $39.95

Buy 3 or more for only $29.95 each!

The Power of BEACHES in a Convenient, Easy-To-Use Spray

The same tropical fragrance and very effective ingredients as our very popular BEACHES Body Oil is now available in a spray that you can carry with you and use whenever the situation arises. Use it by spraying on the skin or your clothing. 2 oz.

#62501 Beaches Spray $59.95

Buy 2 and SAVE! $49.95 each

Turn Your Favorite Cream, Lotion, Perfume and After Shave into Sexual Attractants

Mix your favorite after-shave, cologne, perfume, body oil, body lotion, body cream or moisturizer with Hi-Octane+2 for pheromone-powered effervescence. Hi-Octane+2 pheromones are suspended in witch hazel for combining with your favorite cologne or perfume. Comes in a 1/8 oz bottle (enough to mix with 4–12 oz of your favorite product), with a small funnel for easy pouring.

#46078 Hi-Octane+2 Concentrate $24.95

Pheremone Spray to Attract Women

The word "pheromone" is derived from Greek and means a communicator of excitement. In fact, they work so well that some people call them aphrodisiacs. This particular formula has a woody, spicy, floral scent that women are attracted to. The book, "The Joy Of Sex" suggests that pheromones act directly on the brain's center to heighten arousal, but at a level below the threshold of awareness. 3–5 sprays on your clothing seem to be sufficient. Take it everywhere you go, "just in case." 1 oz.

#42683 Discreet Spray $39.95

Sexual Attractant Hair Gel

Works invisibly to attract the opposite sex. Designed for both men and women, it contains the same sexual power as our very popular Beaches Body Oil and even more potent when used in combination with Beaches Body Oil. With each use, the hair follicles absorb the special pheromones in this styling gel. 4 oz.

#62037 Beaches Hair Styling Gel $29.95

Ancient Asian Remedy Restores Sexual Potency

The high potency is derived from the use of the deer antler tips, which are very expensive to find and extract, without harming the animal. Deer Antler is a powerful yang tonic believed in Asia to possess strong anti-aging qualities and is used to strengthen sexual power in men and women. 2 oz. dropper bottle.

#42713 Deer Antler Drops $74.95

Increased Desire and Stronger Arousal

ProSexual creates increased interest and desire, increases stamina and pleasurable sensitivity. ProSexual Plus increases the production of Nitric Oxide in endothelial cells, for improved erectile dysfunction and female sensitivity and arousal. Use 6 capsules per dose. 180 capsules

#46080 ProSexual Plus $43.95

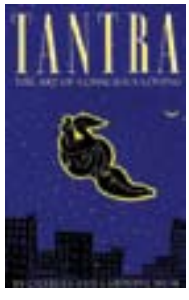
Develop Personal Magnetism

Turn on your own charisma. After using this CD, you and others will notice a change right away as your newly discovered magnetism builds. It is based on the premise that we all have energies that flow through our bodies. These energies can be directed in such a way that others perceive us to be magnetic. Best results are achieved when you listen to the CD within two hours of experiencing someone who is magnetic. This is a fun CD that can have interesting personal and professional ramifications. It is based on paraliminal technology (see page 45 for details). There are no subliminal messages on paraliminal recordings.

#99612 Instantaneous Personal Magnetism $29.95

The Art of Conscious Lovemaking

With couples too tired to tango because of double careers and parenting, perhaps sex has lost its luster for you. This book familiarizes readers with spiritual, physical and emotional methods of achieving ecstasy in love with deepening relationships, intimacy and passion. Softcover. 144 pages.



#62189 Tantra $13.95

Erotic Background Music

Exquisite beautiful music based on Tantric traditions stimulates your sexual energy centers and opens your heart chakra. Experience peak pleasure and sexual fulfillment. 58 minutes.

#75078 Ecstasy $14.95

Europe's Best Selling Sex Education Series

Expert opinions from world renowned sex therapists guide you through proven techniques to overcome inhibitions and make sex more enjoyable. A real couple explicitly demonstrates these techniques for achieving sexual satisfaction. Three volumes: Satisfying Her, Satisfying Him and Shared Sexual Pleasures. 3 DVDs, each 60 minutes

#62502 Sex: A Lifelong Pleasure $49.95

Individual results from using these products may vary. These products have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure or prevent any disease.

NOTICE: The products listed on these pages are for adult audiences only and are not sold to anyone under 18 years old. Proof of age may be required when ordering.

Sensual and Tasteful Lovemaking

With captivating portrayals by three attractive couples, along with commentary from several renowned sex therapists, you and your lover will enjoy an amazing exploration of mind and body. This series of four DVDs will rekindle the passions within… and fan the flames. Each program is about 60 minutes. From a simple caress or a loving gaze, to the most intimate symphony of passion, this program demonstrates: teasing, disrobing, creating anticipation, full-body massage, oral sex, and new positions.

#41048 Intimacy to Ecstasy $29.95

This program will show you that orgasm is but a small part of the total sexual experience… one that is far more pleasurable than you ever dreamed possible. Includes 39 artfully demonstrated positions and techniques.

#41051 Positions of the Tao $29.95

With this program, you will discover that the lightest caress has the power to overwhelm the senses, creating the perfect atmosphere for the most intimate expressions of love. Demonstrations include: sensuous styles of kissing, sensual massage, mutual bathing and much more.

#41052 Touch and the Intimate Kiss $29.95

This program portrays the most incredible and fulfilling lovemaking as a flowing sequence of extremely intimate positions. Depicts 39 imaginative and extraordinary positions with artful clarity. Each movement is demonstrated along with explanations of the benefits and pleasures available to each partner.

#41050 Positions of the Perfumed Garden $29.95

Buy the complete set of 4 and SAVE! Order #41053 DVD Set $109.80

HappyLite Sunshine Simulator Deluxe

Get Your Daily "Dose" of Sunshine

Give yourself a boost in vigor and outlook!

Boost your body's sense of well-being, alertness and energy with the VERILUX® HappyLite Deluxe Sunshine Simulator. Although our lives, health and well-being are dependent upon the sun, most of us do not get enough sunshine every day. Bright light is used for alleviating symptoms associated with seasonal affective disorder (SAD), jet lag, shift work fatigue, seasonal change and insomnia.

- Ultra lightweight… only 7 lbs.
- Sleek white satin lens cover
- Soothing glare-free light
- Flicker-free light, low EMI
- 10,000 Lux daylight natural spectrum light
- Built-in stand and carrying handle
- Can be wall mounted
- 20"Hx13"Wx4"D

#42001 HappyLite Deluxe $189.95

#42514 Replacement Pack 2 bulbs $56.95

See more Verilux products on pages 34-35

Develop Positive Relationships

Attract, nurture, and maintain strong, loving, rich, and satisfying relationships. Discover the secrets of solving people problems and healing interpersonal wounds. CD

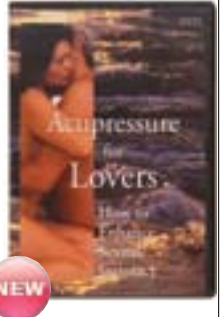
#99620 Positive Relationships $29.95

The Art of Seduction and Lovemaking Instruction for Men and Women

This 75 minute DVD features four couples who tastefully and sensually demonstrate easy-to-learn techniques on seduction, foreplay, touching, oral sexuality and a variety of sexual positions. How to encourage arousal, how to build sexual anticipation, how both partners can please one another, creating an environment for lovemaking are topics very well covered. For adults only.

#99867 Lover's Guide To Sexual Ecstasy $29.95

Acupressure to Enhance Sexual Intimacy



Stimulate 12 acupressure points in a fully guided erotic routine. 40 minute DVD.

#83146 Acupressure For Lovers $29.95

Attract Love

The electro-magnetic frequencies of the heart are 60 times more powerful than that of the brain. This program opens your heart to exude an irresistible glow of radiance that attracts the love you desire. CD

#42763 Attract Love $14.95

Releasing Inhibitions for Sexual Ecstasy

Experience passion and ecstasy! Reconnect with your joy, passion and gratitude for being physical! High Chi 5-D Sound is heard with one's entire being. It speaks to all of the cells of the body reaching the primal depths of the spirit. One actually seems to float in a field of pure space. This breakthrough technology clears your energy field of stress, leaving you in a vitalized, harmonious and balanced peak performance state. See page 20.

#41099 Releasing Inhibitions CD $29.95

Please Your Partner with Eastern Love-Making Secrets

A delight to watch alone, or with your lover. For couples to enhance intimacy, emotional connection, sensuality and spiritual presence. Learn how to add more depth, feeling and pleasure to your love making. Explicit, but not X-rated.

#41155 Secrets of Sexual Ecstasy 1½ hrs. DVD $29.95

Love Necklace

This piece celebrates self-love, and encourages harmony. Rose Quartz emits love energy that works to enhance beauty. Lepidolite activates the heart chakra. The sterling silver charm is the ancient Chinese symbol of double happiness: for attracting marriage and luck in relationships. Once a relationship is formed, it also works to ensure joy and happiness. Wear this and watch love bloom.

AFFIRMATION: I am love.

#99748 Love Necklace 16½" $109.95

more online MORE PRODUCTS MORE SPECIALS MORE INFORMATION www.ToolsForWellness.com

Relax with the Mysterious Sounds from Space

These beautiful and mysterious recordings of the interactions between the Solar Wind and the magneto-sphere of planets, moons and rings of our Solar System create frequencies in the plasma energy "ocean" that fills the void of space. Each planet, moon and ring system has a distinctive "musical" pattern.

Listening to this unusual collection has a mysteriously relaxing effect. A must for users of light and sound machines 8 CDs Total: 4 hours.

#63044 Space Sounds $99.95

The Magic of the Power of Seven

A magical sound sculpture (tuned to the color green), which energizes and balances the heart chakra by resonating the subtle energy levels of the listener. Combining hypnotic ancient rhythms with psycho-acoustic technologies, this music will transport the listener from the beta to delta brain state. Used for healing and inducing hypnosis.

#74021 Power of Seven CD $18.95

Keeps the Light Out Total Darkness with Your Eyes Open

Great for airplane travel, deep meditation, biofeedback exercises,

head-aches and naps, while seated (but not for night time sleeping). With adjustable velcro strap and ear plugs. This is one of the very few products that we have tested that gives TOTAL DARKNESS.

#46021 Mindfold Mask $19.95

Learn How to Use the Wisdom and Power of Music

As Don Campbell proved in his THE MOZART EFFECT series, music can be used as a tool for healing. It can influence blood pressure, brain waves, memory, and the immune system. Here you will find simple techniques on how to use music for optimum health. CD

#62191 The Wisdom and Power of Music $29.95

Attain a Profound Change in Consciousness

Biosonic music designed to bring forth the feeling of euphoria and bliss and a transcendent experience. The subtle vibrations will bring you much joy and bliss, particularly when played in a quiet and safe space. 51 minutes

#45709 Harmonic Bliss CD $16.95

Dreamcatcher

Drift gently into the mystical dream state with soothing ambient music, calming water sounds and Hemi-Sync sound technology. CD

#45011 Dreamcatcher $19.95

Explore Altered States, Go Beyond Your Limits

Contains 4-D technology (binaural beats)- which is the result of modern scientific research and ancient healing techniques. Precisely tuned sound waves are used to create binaural beats, inducing self-initiated and controlled altered states of consciousness. Self-controlled hypnosis and guided meditation activates each of the Chakras. 2 CD Set 120 minutes.

#75238 Chakra Technique and the Vibrational Technique $34.95

Beautiful Music that Opens the Heart & Soul

Captures both the essence of sacred sound and powerful psy-choacoustics. Incorporates techniques from sacred Egyptian and Greek harmonies along with Tom Kenyon's own 4 octave voice to create a musical vision. Can be used alone or in groups. Instructions on how to conduct The Ghandarva Ceremony. 61 minutes.

#46026 The Ghandarva Experience CD $19.95

For Healing and Higher Consciousness

Hear the sounds of natural and psychoacoustically engineered rain, duplicating the maximum -resonance of DNA photon emission – a hypnotic sonic excursion useful for healing, transcendence and the removal of subtle energy blocks. 29 minutes

#71023 Mystic Rain CD $16.95

Tuning Your Energy Fields for Optimum Health

This video can effect your life at seven different levels: Genetic, Biochemical, Psychological, Nutritional, Structural, Skeletal, and Environmental. A 55 minute metaphysical DVD.

#51020 Energy Medicine DVD $29.95

Overtoning: The Complete Guide to Healing with the Human Voice

Explore the natural overtones and harmonics within the human voice and develop its innate therapeutic capabilities. Learn how to transform your health, relationships and spiritual awareness with this practical and complete handbook to vocal mastery, sound healing and transformation. Softcover, 383 pages.

#62169 Overtoning $22.95

Enhance the Trance! For Consciousness Exploration and Spellbinding Mental States

A powerful formula of unique ingredients, balanced to promote a sense of tranquility and reduce mental and emotional distress. Users report a boost to their consciousness explorations and spellbinding mental states such as inner journeying, meditation, tantra, and deepened intuitive awareness. The spray bottle makes it easy to put 2-10 sprays under your tongue for exceptional absorption. Each bottle contains 30-50 doses.

#41063 Altered States 1 oz. $39.95

Buy 2 and SAVE! $34.95 each

See page 22

Share Us With A Friend
Help someone else enjoy the life-enriching products at TOOLS FOR WELLNESS. Send us their name and we'll rush a catalog to them.

Expand Your Horizons With Consciousness Explorations

Learn How Sound Therapy Works on Your Brain

Sound and music has been used for thousands of years to alter human states of consciousness. Drums and chanting have been used in rituals and ceremonies to heal, and to induce trance states. In modern times, the use of sound is used to change brainwave states, to heighten focus and concentration, to hasten relaxation, to induce meditation, and to assist with healing.

Each sound track in this program contains a different blend of music: relaxing sounds, primordial, 3-D effects, brainwave-altering pitches, energizing tones, and pulsed healing sounds. What you hear is the music mixed with nature, primordial rhythms, and 3-D sounds. The neuroacoustic technology is embedded in this musical matrix at an inaudible level. You will find this program a very straightforward and effective tool to take command and control of your brainwaves.

When listening to these CDs, people frequently report feeling a lasting euphoria, a heightened sense of mental clarity, experience a peaceful state of mind, and even a sense of timelessness. 2 CDs: 2 1/2 hours. Headphones are required.

#42541 Five Directions $39.95

Clarity, Focus, and an Organized Mind

The Mozart Effect

Strengthen The Mind: For Intelligence and Learning
#12136 $15.95

Heal The Body: For Rest and Relaxation
#12137 $15.95

Unlock The Creative Spirit: For Creativity and Imagination
#12138 $15.95

Projects and Study: For Focus and Clarity (2 CDs)
#12130 $29.95

Deep Rest and Rejuvenation: To Relax and Unwind
#12131 $16.95

Morning, Noon and Night: For Yoga Practitioners
#41032 $16.95

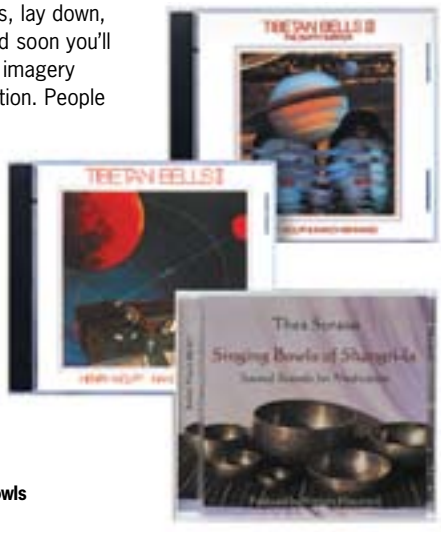
#12136 #12137 #12138 #12130 #12131 #41032

Each recording has been sequenced, edited and mastered to realize the transformative powers found in Mozart's compositions. The complete set will allow you to select just the right piece for a particular situation. Makes an extraordinary gift, also! Each CD: 60 minutes

Buy all 6 and SAVE! Order #75260 $84.95

Enter Meditative States Faster with Sounds of Tibetan Monks

Tibetan instruments have been used for thousands of years for mental healing and to access profound meditative states. When using with speakers, just stretch out for a few minutes, lay down, slow down your breathing and soon you'll be experiencing lush internal imagery and satisfying blissful meditation. People commonly report being able to see energy fields and auras afterwards. Headphones potentiate the experience... you'll be able to achieve one-pointed concentration and meditation. The bells and bowls generate high energy, high-wavering frequencies, combined with a lower trance inducing wavering pitch. 3 CD set.



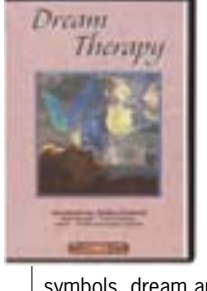
#82069 Tibetan Bells and Bowls $49.95

Lucid Dreaming

Benefit from states of expanded awareness during times we are not normally conscious. This four-exercise series on DVD is designed to teach you how to program and consciously participate in your own personal dreamscape. Clinical research suggests that focusing on the dream you wish to experience while remembering that you can consciously participate in your dream state can dramatically increase your chance of success. These exercises were designed to facilitate the brainwave states found in naturally occurring sleep cycles. With the expanded capacity of DVD, exercise #4 is designed for a full eight-hour sleep period to support your lucid dreaming practice. Incorporates the hemispheric sound technologies from The Monroe Institute.

#99850 Hemi-Sync Lucid Dreaming $49.95

Guide to Dream Therapy



Discusses how Dream Therapy can act as a doorway to the subconscious, decoding the hidden messages speaking to us through our dreams. Give origins, healing techniques, dream symbols, dream analysis and much more. 50 minute DVD.

#83144 Dream Therapy $29.95

The Ultimate Dream Dictionary

Here is a reference guide to 20,000 symbols. Keep beside your bed and refer to it after waking from dreaming. 672 pages.

#45701 In Your Dreams $19.95

Embrace the Life You Were Meant to Live

Precision-engineered brain wave frequencies guide you into exquisite states of wholeness and unity. As negative thoughts are swept away by insight and inspiration, you align with the divine ordering principle of the universe. 3 CDs: 3 hours

#45016 Unfold Your Potential $24.95

The Seven Sacred Secrets of Manifestation

"Divine Magic," a modern version of "The Kyballion," is presented in understandable and contemporary language. Comments and practical suggestions are given in using Hermetic teachings. You can master your moods, release negativity, manifest new levels of abundance, and attract wonderful opportunities in all areas of your life. Hardcover, 96 pages plus a meditative CD.

#62176 Divine Magic $17.95

more online MORE PRODUCTS MORE SPECIALS MORE INFORMATION www.ToolsForWellness.com

Expand Your Horizons With Consciousness Explorations

Adventures Beyond the Body

William Buhlman, a pioneer in out-of-the-body exploration, guides you on a journey to shimmering realms of being beyond your consciousness awareness. Its set of guided meditations provides the listener with powerful tools for optimum out-of-body travel. This set of 4 CDs will put you in touch with your pure, divine nature. You will experience total freedom as you leave the limitations of your physical body behind and become aware of the radiance of your astral body. The four CD titles are:

- Sleep Programming
- Spiritual Awakening
- Target Technique
- The Vibrational Technique

#99869 Adventures Beyond The Body $49.00

Past Life Explorations and Out-of-Body Travels

Precisely tuned soundwaves are used to create binaural beats, included self-initiated and controlled altered states of consciousness. This program will help to transport you to a higher state of mind, opening your consciousness to endless possibilities and realities. You will experience guided meditations, hypnosis and instructional discussions, presented in a home workshop format. 5 CDs, 60 minutes each.

- Find out how to receive and trust impressions
- Help resolve past life issues
- Experience a progression to a future event or lifetime
- Alter negative patterns that were created in the past
- Learn to harness your own innate ability to explore expanded states of consciousness
- Explore the unseen energies that influence your life

#41019 Exploring Your Past Lives $69.95

Harness the Source of Your Living Energy: The Zero Point Field

Your consciousness is not stored in your brain—instead, your brain is a receiver that picks up the "signal" of your consciousness from The Field. And through The Field, you are fundamentally connected to all other life. If you have ever picked up the feelings of a loved one from far away, known what your pet is thinking, worked in synchronicity with a team, or had a strong premonition of the future—then you have already glimpsed the power of this quantum connection.

Here you will find straightforward, practical tools to expand your access to the limitless energy and wisdom of The Field. Whether you wish to boost your health, increase your intuitive powers, turn intention into reality, or even unlock your dormant extrasensory gifts, this program is for you.

Program Highlights

- Deepen your connection to the universal life force - Simple and direct techniques for unlearning the myth of separateness that limits your full potential
- Mindfulness practices for improving your relationships
- How to become aware of your unconscious intentions and shape them into a positive force
- Tips for breaking free from the grip of clocks and calendars and living with the natural rhythms of life
- The art of Dream Incubation for getting specific results from your subconscious

6 CDs with over 6 hours of insights, guided practices, and highly effective techniques for revolutionizing your life with the power of the Zero Point Field.

#83135 Living The Field $69.95

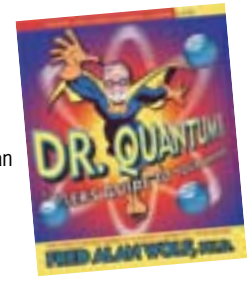
Healing

All religions and spiritual paths honor the power of therapeutic intent, which has now been confirmed scientifically. This Healing CD is used once a week, or more often as needed, to heal yourself and to send healing to others.

#62163 Healing CD $19.95

Your Mind is a Quantum Engine

The art of "applied quantum physics" is learning how to harness the power of consciousness as we move through space and time. At the heart of quantum theory lies an astounding truth: that the act of observing events in your life can alter their outcome. Quantum physics is an astounding (and mind-boggling) field of science, and you can actually use it to change your life with this. 6 CDs; 7½ hours of wisdom, lucidity and humor.



#51049 Dr. Quantum Presents: A User's Guide to the Universe $69.95

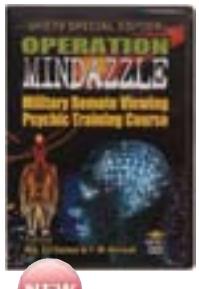
Four Advanced Out-of-Body Techniques

- The Christo Technique
- The Energy Body Technique
- The Rope Technique
- The Shaman/Bird Technique

This is a new 4 CD set of guided meditations providing the listener with advanced techniques for optimum out-of-body travel.

#62148 Secret Of The Soul $49.00

Extrasensory Perception



Using latest protocols and methods, this is a comprehensive psychic training program including two hours of spellbinding instruction on developing your own skills. DVD

#83141 Operation Mindazzle $29.95

Induction Music for Out-of-Body Travel

This 2 CD set combines hypnotic ancient rhythms with the latest psycho-acoustic mind technologies. This music will help transport the listener from the beta to delta brainwave state. "The Power of 7" energizes and balances the heart chakra (thymus) by resonating the subtle energy levels of the listener. Helpful for healing, inducing altered states of consciousness and out-of-body travel.

#62149 Induction Music For Out-Of-Body Travel $29.00

Journeys out of the Body

The out-of-body experience is a state in which one's consciousness appears to depart the physical body allowing perception by means other than those of the physical senses. From The Monroe Institute. With practice, one can be brought up to the borderland sleep state, and through it, to experience the out-of-body state with full conscious awareness. 6 CDs and manual.

#51088 Journeys out of the Body $99.95

Holographic Mind Music

Listen with headphones, close your eyes and leave the universe! Excellent for enhanced creativity, alignment, mood elevation and consciousness travel. 60 minutes.

#81033 Realms of Light CD $16.98

Handbook for Remote Viewing

Gives you everything you need to developing your own abilities. Many examples, exercises and anecdotes from a veteran of the U.S. Army's Stargate program. 320 pages.

#62238 Remote Viewing Secrets $15.95

The Gold Standard Course on Remote Viewing

Taught by the masters of the craft, the scientists, viewers, and military intelligence officers who created the field of remote viewing: Hal Puthoff, Russell Targ, Ingo Swann, Dale Graff, Henry Reed, and Edgar Cayce. There is nothing like it on the market today.

Ten discs are broadcast quality DVDs that comprise 11 hours of instruction, accompanied by rare, little seen examples of some of Remote Viewing's most famous moments.

Four discs are stereo CDs,

designed to be used over and over – which take you through experiential sessions exactly as if you had come in to a Remote Viewing laboratory.

A fifth CD contains forms used to conduct and record your sessions, as well as how to judge and analyze them.

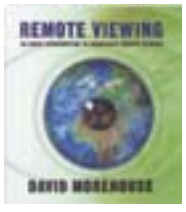
The presentations, benchmarks in the history of Remote Viewing, come from the actual intelligence projects, archaeological discoveries, and experiments. Rarely seen, they would be extremely hard to locate from other sources. This is truly a complete course on the art and science of Remote Viewing.

This series of 10 DVDs and 5 CDs offer scientifically based, clear, simple instructions to guide anyone through a Remote Viewing experience in a way that is as rich as anything a person would experience in a laboratory. The validity of this material has been tested hundreds of thousands of times over almost 30 years of research at laboratories and universities around the world.

At the personal level, Remote Viewing expands our definition of what it means to be human. At the social level, it opens our view of the world to another dimension of the self and adds to our store of knowledge as to how we, as humans, fit into the universe.

#42737 Remote Viewing Gold Standard Course $229.95

Harness Your Innate Psychic Abilities



An exceptionally good introductory program perfect for those who want to get their first taste of their limitless potential.

Includes an overview of the science and history of Remote Viewing, four guided viewing sessions, and much more. 4 CDs and 1 DVD. 5 hours.

#99856 Remote Viewing $29.95

Are You Ready to Open the Mind's Eye to Remote Viewing?

In 1988, David Morehouse found himself in the shrouded world of the U.S. military's top secret Stargate Program, where he performed Remote Viewing techniques to expose covert operations in other countries. Millions of dollars were spent to prove scientifically that we can literally extend our consciousness from the body through any physical boundaries to gather real, verifiable information. Today, dedicated to the peaceful uses of this practice for personal and spiritual growth, Mr. Morehouse offers this home study program with step-by-step instructions: learn how to observe details from the past, the future, and across physical distances to change your personal destiny, and expand your consciousness of the many dimensions of reality. Includes: a 284 page workbook, 20 hours of CDs, viewing training missions with sealed confirmations, a pink noise CD and more.

#42729 David Morehouse Remote Viewing Course $249.95

Remote Viewing Made Easy For Anyone to Learn

INDEX

Many of these topics can be found throughout the catalog.

Pages listed below are a good place to start.

Acupressure 7,8,26,28
ADD / ADHD 48
Air Improvement.....38
Anti-Aging 9,46
Auras 18
Back Pain 6,11
Beamers.....20
Behavior Modification 57
Biofeedback.....49, 50
Bladder Cleanser.....12
Brain Sync 26,41
Brainwaves 23,41
Breathing.....30
Cell Phone Protection 5
Chakras.....18,21,60
Chinese Herbs 11
Chlorine Removal 38,40
Colon Cleanser 9
Color Therapy.....30
Consciousness Exploration 59
Dental Hygiene.....7
Detoxification.....8,10,12
Disinfectant Lamp 52
DNA 21
Dreaming.....44,60
Echophone 56
EMF Protection 2
Emotional Balancing 51
Energy Blockages 18,60
Exercise Products 11
Far Infrared.....12,15
Foot Massager.....7
Growth Hormone.....10
Headphones 56
Hemi-Sync 30
Herbs, Chinese 11
Howell, Kelly 26,41
Hypno-Peripheral Processing.....43
Infratonic 6
Intimacy Products 57
Ionizers 38
Joudry Sound Therapy.....25
Learning 46
Light Therapy.....30
Light & Sound Machines 22
Lighting, Healthful 34
Lighting, Natural Spectrum 34
Magnetic Products 7,8,12,36
Massage Products 8,11
Meditation.....21,52
Memory.....46,48
Mental Sharpness.....46
Mind Machines 22
Monroe Institute 36,42,53
Mozart Effect.....60
Muscle Treatment.....6,8,9
Neurophone 56
Noise Conditioners 55
Ordering Instructions 32
Out-Of-Body 61
Oxygen Products.....16,38,47
Ozonators.....38
Pain Relief 6,7,11,16
Personal Relationships.....57
Ozonators.....38
Paraliminals 45
Psychic Explorations 59
Pyramids 17,20
Qigong Energy 15,
Q-Link.....2
Relaxation.....24,52
Remote Viewing 62
Sacred Geometry
SAD Therapy.....23
Samonas Sound Technology 24
Self-Healing Therapies 24
Sensuality.....58
Sexual Attractants.....57
Silver Therapy.....9
Skin Rejuvenation 14,16
Sleep 36,42–44
Sound Conditioners 55
Sound Therapy.....24,60
Stress Reduction.....46,49
Subtle Energy 17
Teslar Watches.....3
Tuning Forks 28
Urinary Tract Cleanser 12
Vibrant Health 6
Verilux Lighting.....34
Vision Improvement 7
Water Improvement 38,40
Wake-Up Lights 34
Weight Loss.....44
White Noise Machines.....55

more online MORE PRODUCTS MORE SPECIALS MORE INFORMATION www.ToolsForWellness.com

Personal Wellness EMF Bracelets

A Shuzi bracelet is a personal energy system that helps bring your whole being into a state of balance where your body is stronger, your thoughts are clearer and your endurance levels are increased. Simply put, Shuzi just makes you feel better and harmonizes your mind and body so that you bring your best to whatever you do. Whether you are an athlete, student, parent or business executive, Shuzi will help your overall well-being. Shuzi is similar to Q-Link products as they help protect you from harmful EMF pollution.

Shuzi strengthens and fine tunes the human biofield, making your mind and body more resistant to the effects of stress in any form, including EMF radiating from cell phones, computers, and many other products such as hair dryers. You will notice enhanced energy and strength, greater endurance, flexibility along with better balance and mental focus. Effects differ from person to person, ranging from subtle to dramatic. Some feel the effects right away, where most will notice effects over a 30 day period. FDA-registered diagnostic equipment called Biomeridian proved that Shuzi, with Nano Vibrational Technology, reduced stress in all areas of the body.

- Protects against EMF radiation
- Enhances mental clarity and awareness
- Balances emotions
- Deepens restful sleep
- Improves athletic performance

CHECK OUR WEBSITE FOR ADDITIONAL SIZES

Two Tone Shuzi Cuff EMF Bracelet

#19431	Men Medium	$149.95
#18771	Women Small	$149.95

Titanium

#16884	Men Medium	$229.95
#16886	Women Small	$229.95

Black Stainless Steel

#16881	Men Medium	$159.95

Stainless Steel

#16877	Unisex Small	$79.95
#16878	Unisex Medium	$79.95

SHUZI products incorporate Nano Vibrational Technology, supplying health benefits such as greater energy, enhanced strength and balance, along with improved mental clarity. Shuzi uses subtle vibration programmed at the nano-level to create a stronger frequency for your biofield enabling your body to more capably resist the effects of any stress it is subjected to. Cells communicate with each other by known methods of chemical reactions and through the biofield. They have a resonating frequency at which they operate in order to stay healthy, but these cells are affected by outside electric and magnetic environmental conditions.

NEW

The Shuzi watch incorporates the same Nano Vibrational Technology as the bracelets.

- The watch casing is machined from titanium metal and polished to a high luster
- Swiss movement
- Quartz mineral crystal face
- 1 1/8"
- Water resistant
- Black leather band

#83183 Shuzi Watch $299.95

This lightweight bracelet is an understated way to wear Nano Vibrational Technology. 7½" long x ⅜" wide

#83164	Stainless Steel	$139.95
#83163	Gold Plated	$139.95
#83165	Two-tone	$139.95

The square edges and sleek finish of this style make quite a fashion statement.
8" long x ¼" wide

#83166	Gold plated	$119.95
#83167	Two-tone	$119.95

This bracelet duplicates the elegance of a fine watch and gives the appearance of fine jewelry.
8" long x ¼" wide

#83162	Stainless Steel	$129.95

New age style is evident with this titanium interlink bracelet.
8¼" long x ¼" wide

#83168	Titanium	$119.95

Exact size of bracelets can be adjusted by your jeweler

The back of Shuzi jewelry shows the embedded chip programmed with Nano Vibrational Technology, designed to emit healthy subtle vibration energy.

Are Cell Phones Harmful?

While it is still too early to determine long term adverse effects of using cell phones… some recent findings indicate the following about cell phones:

- During usage, heart rate and hormone secretion is accelerated
- Usage should not be for prolonged periods
- Use by children should be severely restricted or eliminated

Attaches to phone with self adhesive backing

Tests show the Cell Phone Diode reduced EMF radiation by over 90%, causing a decrease in the biological stress caused by cell phone EMF radiation. The Cell Phone Diode is also effective with:

- Beepers and pagers
- Cordless phones
- Remote controls
- Computers
- Kitchen appliances
- Microwave ovens
- Fluorescent lights
- Televisions
- Electrical appliances
- Electrical tools

#62520 Digital Cell Phone Diode $29.95

Buy 2 and SAVE! $27.95 each

Actual color of Diode may vary slightly

Shield The Body Against Low Level Radiation

Calm jagged nerves from problems caused by exposure to microwaves, power lines, televisions, computers, hybrid cars, office equipment, fluorescent lights and jet lag. This pad will hold the body's energies in balance so that you will feel calm and more relaxed.

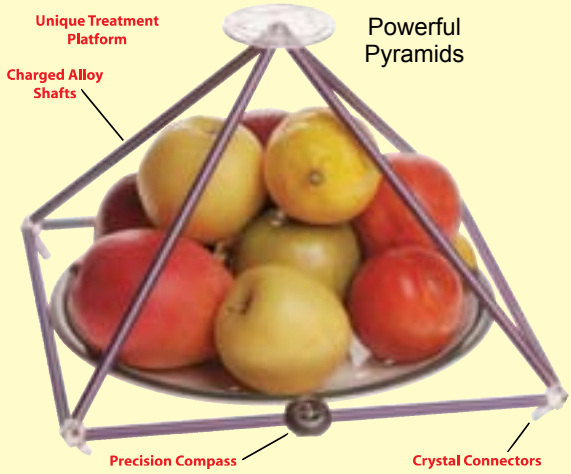
Aids in relaxing the body from tired muscles when placed under head, body, legs, arms, or neck. When used in automobiles or airplanes, it stabilizes body energy while traveling.

It's a soft, flexible 20 x 14 x 1" pad made of natural ingredients.

#83154 Dio-Pad Hunter Green $89.95

OPEN 24/7
ToolsForWellness.com

Powerful Pyramids

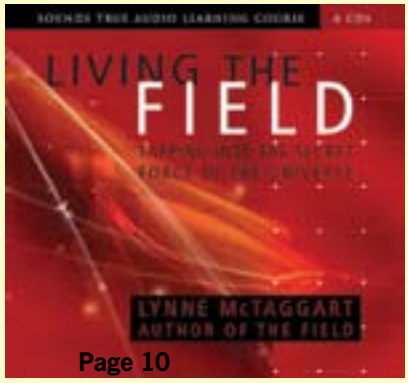


Page 17

Detoxification

Page 8

Harness the Source of Your Energy



Page 61

Skin Rejuvenation

Page 14

Air Purifier with Ionizer

Page 39

Fuel for Your Brain Cells

Page 47

Reduce Stress

Page 54

EMF Protection

Page 3

ToolsForWellness.com

Teslar Watches for EMF Protection

Page 3

TOOLS FOR WELLNESS

8943-B Oso Avenue
Chatsworth, CA 91311-6246

07FW

PRESORTED
STANDARD
U. S. POSTAGE
PAID
TOOLS FOR
WELLNESS

SC# **C#**